

INJURY PREVENTION + RECOVERY SPECIAL

triathlete

THE WORLD'S #1
TRIATHLON MAGAZINE

BEYOND FIT

TRAIN SMART
GET STRONG
STAY HEALTHY

**HOW TO
BUILD
MENTAL
TOUGHNESS**

[and unleash your
true potential!]

TESTED
12
**BEST
NEW
RUN
SHOES**

ASPIRING
70.3 PRO
**SILVIA
RIBEIRO**

RACE
PACING
101

Know the
course, have
a plan

PAGE 60

JUNE 2015 TRIATHLETE.COM \$6.99





SKECHERS
PERFORMANCE
DIVISION



GET UP AND GO.

Designed to maximize your performance, the Skechers GOrun 4™ is equipped with a virtually seam-free upper and mid-foot strike technology for better efficiency. This ultra lightweight shoe will power your run.

SKECHERS
GORUN
4

GO DIGITAL

WITH THE WOR



START YOUR SUBSCRIPTION TODAY AT: TRIATHLETE.COM/DIGITAL

WELDS #1 TRIATHLON MAGAZINE



ESCAPE

FROM ALCATRAZSM TRIATHLON

JUNE 7
2015

SWIM | 1.5 MILES

BIKE | 18 MILES

RUN | 8 MILES

**SAN
FRANCISCO, CA**

 **MUSCLE MILK**[™]

 **TRIBIKE**
TRANSPORT


BABSON


HORNBLOWER
CRUISES & EVENTS

CYTOMAX[™]
SPORTS PERFORMANCE SERIES

 **MARATHONFOTO.COM**

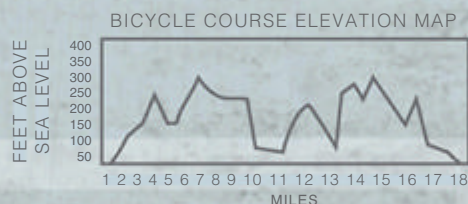
1981-2015

Swam: **51** miles

Biked: **631** miles

Ran: **380** miles

35th
anniversary



COURSE MAP



triathlete

The Examiner

SF
WEEKLY

IMG

For more information visit escapefromalcatraztriathlon.com

AMERICA'S RACE

JUNE 7, 2015



UNITED STATES ARMED FORCES

PROUD HOST OF THE

MILITARY TRIATHLON NATIONAL CHAMPIONSHIP



FOR MORE INFORMATION VISIT www.leonstriathlon.com AND www.armedforcessports.com.

VERSA CLIMBER[®]

.COM

VISIT
versaclimber.com/triathlete
for EXCLUSIVE SAVINGS offer.



SWIM, BIKE, RUN on this machine.

VersaClimber is a full body trainer that tones and conditions all major muscle groups in a single, non-impact motion. When it comes to training for triathlons, VersaClimber is the perfect cross trainer for any endurance sport, at any level of competition. Eliminate road fatigue and joint stress caused by over training. Train smart, cross train on a VersaClimber.

- Non Impact Training
- Total Body Training
- Build Endurance
- Build Stamina
- Ideal Cross Trainer
- Saves Floor Space

AMERICA'S RACE
JUNE 7, 2015



Register Now!

www.leonstriathlon.com



1.800.237.2271
VERSACLIMBER.com

VERSA
CLIMBER[®]
.COM

JUN '15

83

SUMMER RUN SHOE REVIEW

Chase your PR in the
season's new styles.

BY BRIAN METZLER

features



70

THE BODY SHOP

Fix your overuse injuries—for
good—with advice from a
physical therapist to the pros.

BY JAY DICHARRY

78

COMING CLEAN

Triathlon's governing bodies
are cracking down on dopers
in your age group.

BY SUSAN LACKE

JOHN DAVID BECKER



THE NORMATEC RECOVERY SYSTEM

NormaTec is the leader in rapid recovery—dynamic compression systems give a competitive edge to the world's elite coaches and athletes.

NormaTec Recovery Systems enhance circulation, reduce blood lactate levels, and relieve muscle soreness.

**TRAIN HARDER. RECOVER
FASTER. PERFORM BETTER.**
NORMATECRECOVERY.COM

CROWIE'S VIEW OF RECOVERY

NormaTec is my secret recovery weapon.
—Craig Alexander, 5x World Champion

 **NORMATEC**®

JUN '15 CONTENTS



32

Dial in your fit

12 Editor's Note

16 Letters

18 First Wave

21 CHECK IN

Three reads for triathletes, Escape from Alcatraz by the numbers, transition blunders, preventing and treating Achilles tendinitis, a multipurpose foam roller, an easily adjustable cycling shoe, pro triathlete Jan Frodeno's gear essentials, and more.

36 I'm a Triathlete

Silvia Ribeiro

38 Profile

Camilla Pedersen

40 Beginner's Luck

Me, the mental giant

44 Triathlife

Being a coachable athlete

51

SWIM/BIKE/RUN

Swim

Coach Sara answers your questions, how to recover from a rough swim start, two new polarized goggles, bonus workout, and a trick to putting on your wetsuit.

Bike

How to make indoor rides more time-efficient, strategies for scouting a race course without leaving your house, kit of the month, and a new kind of power meter.

Run

The power of positive thoughts, a simple track workout for new speed, advice for making the most of your long runs, expert pointers for a stronger and more efficient run, and six easy movements to keep you flexible.



36

Get to know cover model Silvia Ribeiro



54

93 FUEL

Tasty training fuel in clever packaging, four new ways to enjoy eggplant, a triathlete's guide to protein, and our dish of the month from a triathlete-chef.

104 Podium

This month's most talked-about topics in multisport



93

on the cover

Silvia Ribeiro was photographed in San Diego, Calif., by John David Becker.



Triathlete Issue #378 (ISSN 08983410), a publication of Competitor Group, Inc., 9477 Waples Street, Suite 150, San Diego, CA 92121, is published monthly, plus one extra issue for the month of March for a total of 13 issues. Annual subscription \$34.95, Canadian remit \$60.95 in US funds (includes GST); other international air mail \$94.95 in US funds only. For subscription inquiries, please call 800-336-5653 or email TriathleteMagazine@emailcustomerservice.com. Periodical Postage Paid at San Diego, California and additional offices. Canada Post International Publications Mail Agreement #40064408. Return undeliverable Canadian addresses to: OnTrac International PO Box 25058 London BRC, Ontario, Canada N6C 6A8. POSTMASTER: Send address changes to Triathlete, PO Box 430235, Palm Coast, FL 32143-0235. Printed in the U.S.A.

JOHN DAVID BECKER

YOU CAN'T
FIND YOUR STRONG
IF YOU'RE NOT
LOOKING FOR IT.

BE A SEEKER > FIND YOUR STRONG

Mark Logan



Ex-pro footballer
seeking to see the world
through running.



saucony®

See the video at saucony.com/findyourstrong

triathlete.com

COOLEST BIKES IN TRIATHLON

We asked triathletes to share photos of their bikes, along with an explanation of what makes them unique. Congratulations to Chris M. on receiving the most votes for his custom-painted Trek Speed Concept 9 Series ride in our Coolest Bikes in Tri contest! Gawk at other sweet tri rigs at: Triathlete.com/coolestbiketop10



LET'S CONNECT!



Join the conversation at
[Facebook.com/
TriathleteMagazine](https://www.facebook.com/TriathleteMagazine)



Find us on Twitter:
[@TriathleteMag](https://twitter.com/TriathleteMag)



Let's circle up on
Google+: [Triathlete](https://plus.google.com/+Triathlete)



Subscribe to our
YouTube channel at
[Youtube.com/
Triathlete](https://www.youtube.com/Triathlete)



Find imagery and inspiration
on Instagram:
[@triathletemag](https://www.instagram.com/triathletemag)

2015 TRIATHLETE BUYER'S GUIDE

Looking to score some gear for the new triathlon season? Our entire *Buyer's Guide* is now available online! Read reviews of 184 triathlon-related products in more than 20 categories at Triathlete.com/2015buyersguide



Get to know this month's cover athlete (and M&M lover) **Silvia Ribeiro** in our behind-the-scenes video at Triathlete.com/meetsilvia.

THE ICONIC ALCATRAZ

The 2015 Escape from Alcatraz is set for June 7. Look back on images from past races, recall historic race moments and get tips for tackling the challenging course at Triathlete.com/escapefromalcatraz.



SMITH



p: Nils Nilsen



Once upon a hell of a time.

Our 50 years of innovation has helped us perfect what really matters – amplifying the thrill of human experience. Expanding your field of view, with proven performance, the **PivLock™** Arena Max are the lightest interchangeable shields in the world.

The experience is everything.™

STRENGTH IN (EQUAL) NUMBERS



EACH YEAR, 50 PRO MEN AND 35

pro women earn their spot at the Ironman World Championship in Kona. The logic for the slot disparity between men and women is based on gender representation in the Ironman athlete ranks: In 2014, there were 739 pro men and 381 pro women in the Ironman system. Put simply, the men get 15 more slots than the women because they nearly double the women in numbers.

But is this policy at the sport's highest level simply pragmatic—or inherently unequal?

Two-time Ironman champion Sara Gross has been a vocal proponent of equal Kona slots for the pros.

"There is no example in sport that I know of where the number of women allowed at a world championship event is decided based on participation numbers whether at the elite level or women generally," says

Gross. "In some major marathons in the U.S., we have more women participating than men. So should we limit the number of elite males who can enter that marathon? That sounds ridiculous, right?"

Ironman has offered equal prize money since they started awarding prize purses in 1986, and has arguably done more than anyone to support women's earning opportunities through the sport. So then, Gross wonders, why won't Ironman close the circle and give females equal representation in Kona? "It's as if we are stopping 100 meters from the finish line in an Ironman race," she says.

Ironman CEO Andrew Messick says the overwhelming demand for Kona slots across all divisions, pro and amateur, and a finite supply (race infrastructure and space limitations make it difficult to simply add more slots) creates the need to approach slot allocation in a highly systematic way. "Only 3 percent of athletes qualify for Kona, and an overwhelming number of people who qualify for Kona take their slot," he says. "We believe that the fair, right thing to do is for the groups of athletes that have the most people participating should have corresponding and generally proportional representation in the world championship. To arbitrarily create a system of quotas for female participation is not the right thing to do, and we feel that it's antithetical to the spirit of Ironman."

A major sticking point in the WTC-pro athlete dialogue is whether or not the pros, who make up 4 percent of the Kona field, should receive separate consideration because they are elite athletes. After all, amateur triathletes in Kona aren't there to earn a paycheck. Racing isn't their career or livelihood. The stakes are very different.

Messick, who actually sees the case for equal slots primarily as an age-group issue, feels that just giving slots to pro women would be to their detriment. "We believe it has the potential to be unbelievably damaging to the credibility of women

qualifying for Kona, and that having a separate, lower standard for either age-group women or professional women sends the wrong message and would be the first time in Ironman history that we are creating a separate, lower bar for women," he says.

The pro women I spoke with don't see it this way, and, in fact, offer the opposite viewpoint that equivalent representation in Kona will ultimately raise the profile of the sport and draw more women—an endgame that would tremendously benefit Ironman's bottom line, considering that 81 percent of people who raced Ironman in 2014 were male. Opportunity breeds growth, they say, and Ironman can stand as a powerful and inviting example of total gender inclusivity by closing a gap of a mere 15 spaces.

While Messick seems to understand the sentiment, he's not sold on it. "I appreciate the belief that 'if you build it, they will come,' and I would be curious as to whether there's any evidence to support that," he says.

But maybe it's not about hard proof or proportional ratios. While I appreciate the value and situational necessity of both, with this issue the pro women have a case that is built on an ideal that can't be countered in simple math.

"It's a tough position to be in based upon the data—the numbers just don't add up in the pro women's favor," says Julie Moss, whose 1982 "Ironman crawl" put the sport on the map. "Now we've got this numbers dilemma, and to me, that's all logic, but there's a part of Ironman that's about heart and soul. I say, let's err on the side of heart and soul."

I'm not advocating for 500 more slots for the women (i.e., adopting a sweeping policy of equivalent Kona slots across the board), but I do believe our pro women deserve the same head count as their male counterparts on triathlon's most celebrated stage.

Julia Beeson Polloreno, Editor-in-Chief

@JuliaPolloreno

YOUR MUSCLES WILL THANK YOU

Recovery is essential. You need protein to build lean muscle and recover **AFTER** training. The NEW PowerBar ProteinPlus® 20g bar has protein to help recovery and rebuild lean muscle after training.

› Great tasting › Crunchier › More flavorful

This new protein bar gives you the protein you need to help build lean muscle. PowerBar: By Athletes For Athletes. Learn more at powerbar.com/protein



YOU'RE STRONGER THAN YOU THINK™

PowerBar®

Enlarged to show texture. This PowerBar ProteinPlus® bar has a crunchier texture than the original 20g PowerBar ProteinPlus® bar Chocolate Peanut Butter, Vanilla, Cookies & Cream, and Chocolate Crisp flavors. See powerbar.com for the science. All trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland. ©2014 Nestlé.



TRIGGERPOINT

The trusted leader
in self-care
and recovery.



www.TPtherapy.com

©2015 Impulse Corporation. TriggerPoint® is a registered trademark of Impulse Corporation. 3.15

triathlete

What's your race
day good-luck
charm?

EDITORIAL

EDITOR-IN-CHIEF Julia Beeson Polloreno
SENIOR EDITOR Jené Shaw
MANAGING EDITOR Bethany Leach Mavis
WEB EDITOR Liz Hichens

Inspirational words written in Sharpie on my forearms

CONTRIBUTING WRITERS Lauren Antonucci, Meredith Atwood, Erin Beresini, Jessica Cerra, Tim DeBoom, Scott Fliegelman, Mackenzie Lobby Havey, Susan Lacke, Sara McLarty, Evan Rudd, Bethany Rutledge, Jesse Thomas, Lance Watson

EDITORIAL INTERN Michael Nystrom

MEDICAL ADVISORY BOARD Jordan Metzl, MD, Jeff Sankoff, MD

My dri-fit USC Trojan hat

ART

ART DIRECTOR Lisa Williams
PHOTO EDITOR John David Becker
GRAPHIC DESIGNER Oliver Baker

CONTRIBUTING ARTISTS & PHOTOGRAPHERS Matt Collins, Hunter King, Nils Nilsen, Paul Phillips

CIRCULATION, MARKETING & PRODUCTION

PRODUCTION MANAGER Meghan McElravy
PRODUCT INNOVATION MANAGER Aaron Hersh

DIGITAL SERVICES

SENIOR VIDEO PRODUCER Steve Godwin
DIRECTOR, WEB DEVELOPMENT Scott Kirkowski
DIRECTOR, SEO/ANALYTICS Johnny Yeip
DIRECTOR, CREATIVE SERVICES Matthew McAlexander
WEB DEVELOPERS Grace Cupat, Joey Hernandez
WEB DESIGNERS James Longhini, Thomas Phan, Justin Wilson
SYSTEM ADMINISTRATOR Bruno Breve

The only thing I have every race morning is coffee.

ADVERTISING

SVP, MEDIA SALES Doug Kaplan • dkaplan@competitorgroup.com
VP, MEDIA SALES Ian Sinclair • isinclair@competitorgroup.com
VP, MEDIA SALES Gordon Selkirk • gselkirk@competitorgroup.com
VP, MEDIA SALES Todd Wienke • tawienke@competitorgroup.com
DIRECTOR, MEDIA SALES Alex Jarman • ajarman@competitorgroup.com
MANAGER, MEDIA SALES Jeff McDowell • jmcowell@competitorgroup.com
MANAGER, MEDIA SALES Tom Borda • tborda@competitorgroup.com
MANAGER, MEDIA SALES Jenn Schuette • jschuette@competitorgroup.com
MANAGER, MEDIA SALES Matt Steinberg • msteinberg@competitorgroup.com

A photo of my boys

PARTNERSHIP MARKETING

SENIOR VICE PRESIDENT Mark Buntz
VICE PRESIDENT Sean Clottu
DIRECTOR Jennifer Sugarman
MANAGERS Erin Ream and Carson McGrath
COORDINATORS Liz Centeno-Vera and Christina McGregor

FINANCE

CONTROLLER, MEDIA Gretchen Alt
AR MEDIA ACCOUNTANT Brandon Johnson

Listening to Mark Morrison Return of the Mack before the race starts

A PUBLICATION OF



EXECUTIVE CHAIRMAN Paul F. Walsh
PRESIDENT Josh Furlow
CHIEF ADMINISTRATIVE OFFICER AND CHIEF FINANCIAL OFFICER Wendy Godoy
CHIEF MARKETING OFFICER Keith Kendrick
SENIOR VICE PRESIDENT, SALES John Smith

9477 Waples Street, Suite 150, San Diego, CA 92121 • 858-450-6510. Subscriber Customer Service: US: 800-336-5653 International: 386-246-0111; Triathletemagazine@emailcustomerservice.com; Digital issue support: support@zinio.com; To carry Triathlete in your store, please call 844-549-5530. No part of this issue may be reproduced in any form without the written permission of the publisher. Editorial contributions are welcome but a stamped self-addressed envelope is necessary for the return of all materials. Triathlete is a registered trademark of Competitor Group, Inc.





THIS IS NOT A SHOE. THIS IS AN INVITATION. YOU ARE CORDIALLY INVITED TO AN EXCLUSIVE CLUB. ONE WHERE MEMBERSHIP IS EARNED IN PERSEVERANCE AND MUSCLE. WHERE THERE ARE MILES OF PAVEMENT LAID OUT IN FRONT OF YOU WITH NOTHING MORE THAN BRAGGING RIGHTS ON THE OTHER SIDE. A CLUB BUILT IN BRICKS AND TWO-A-DAYS. AND THE KEY THAT GETS YOUR NAME ON THE LIST IS THE **BONDI 4** - NINE OUNCES OF BALANCE, CUSHION, AND TRACTION THAT MAKES EACH STEP AS DELICIOUS AS THE LAST. LET'S GO.



HOKA ONE ONE

OPEN WATER SWIM SAFETY DEVICE



PULL TO INFLATE

PULL 1

AUTO INFLATE 2

DON LIFEJACKET 3

USAT & IRONMAN APPROVED

THE SWIM IT

WWW.MYSWIMIT.COM

BUY ONLINE

DANGEROUS LIAISONS?

With three articles (all well written) in the April issue that referenced how commitment, struggles and successes in triathlon affect our marriages and families, it is obvious this subject is important. With 20 years into triathlon as a competitor, coach and counselor, I look around and love to see the younger athletes, but the majority is still the 30- to 50-year-old competitor. A not-so-shiny side of the sport concerns the “training partner” and his or her effects on a relationship. Think about it: You leave your spouse, maybe having a bad morning, week or just carrying the weight of familial responsibility and you hang with someone from the opposite sex, fit and dressed in Lycra while enjoying the endorphin rush of competitive training. You use the terms “my tri wife/husband” in describing them defensively. You talk about personal issues on your long rides, change clothes unabashedly, and celebrate the physical and mental rush of training/racing together. Is it a wonder that spouses feel threatened by you fulfilling an emotional and physical fix with another? Or how time living the healthy life is supposed to make up for missed family events? You would be naive not to see it as a fertile ground for affairs to grow. I advise my athletes to be honest with themselves about their motivations for how much time they spend training and with whom. Take yourself out of the cleats and wear your spouse’s shoes for a bit. A healthy and honest relationship with both your training partners and your significant other will be your best secret to success in triathlon.

—LAURA ROBINSON, PROVIDENCE, R.I.

PEP TALK

Regarding the March 2015 issue, “I’m Not An Ironman, and That’s OK” [by Jesse Thomas] ... I dove into the April 2015 issue expecting to find a strong opposition. What do I find? The contentment of self-limitation praised. What?! Triathletes are a special breed! Having done all four distances (sprint, Olympic, 70.3, 140.6), I am thrilled to find that the atmosphere, discipline and sheer exhilaration of each race is unique. And to turn a shoulder to a distance without dipping your toe in the water is baffling. Not everyone may have the drive, ambition, ability, time and resources to get to Kona. However, to hold yourself



back from a 140.6 knowing full well you can do it is a staggering injustice to the true nature of your tenacity. Even if you go long and you find it just isn’t your cup of tea, at least you can bask in the glory of knowing you completed the final chapter. Outside of triathlon, I am a martial arts instructor and have dedicated my life to encouraging and teaching my students, regardless of age, gender, ethnicity or background, to set their goal to black belt and attack it! I cannot fathom telling a student that they are only as good as a blue belt, and there simply isn’t a need to continue to black belt. It’s my duty to instill in them the warrior ethos of determination, to smash limits and fight to achieve their very best! Everyone has their own reasons for being a triathlete and they have a right to choose what distance suits. That being said, if we cross paths, I can assure you our conversation will be heavily swayed on the side of encouragement toward being fierce and fearless.

—MATTHEW KILLIAN, ANNAPOLIS, MD.

CAN’T RELATE

Quite frankly, I couldn’t care less about what the pros do before, during or after races. Give more exposure to the amateurs! Ultimately, it’s the amateurs who fuel economic growth within the triathlon industry by paying race registration fees and by purchasing swim-, bike- and run-related products such as subscriptions to your publication. Enough already with the race recaps, interviews and gear reviews being professional athlete-centered. Means diddly squat to me. Give us insight on how the average Joe that works 9-to-5 and is married with kids finishes his first Ironman. Or inspirational interviews about amateurs overcoming adversity to become successful at qualifying for Kona after repeated failed attempts.

—BOB GARCIA, COSTA RICA

We want to hear from you! Send your letters to TriLetters@competitorgroup.com. Please include your name and city. Letters may be edited for length and clarity.



COMMAND THE WIND

The core of Felt's success is a drive to continually improve on past results, empowering our riders to go beyond. Pioneering aerodynamic development, plus triathlon-specific fit and design, makes the IA command the wind and break the limits of triathlon racing machines.

#neversettle



IA FRD



FIRST WAVE

American Heather Jackson greets fans in the finish chute on her way to regaining the Ironman 70.3 California crown. The three-time Wildflower champion won in Oceanside in 2013 then took second to Canadian Heather Wurtele last year. Jackson edged out Wurtele with a 1:22 half-marathon and was elated at the finish line—she spent much of 2014 dealing with a stress fracture. In the men's race, German Jan Frodeno successfully defended his 70.3 California title over five-time Oceanside champ Andy Potts.

PHOTOGRAPH BY
JOHN DAVID BECKER







**CHANGE
IS
COMING**

TIFOSI[®] PRO
FRAME INTERCHANGE

WWW.TIFOSIOPTICS.COM



check in

TRIBE / PRO PANEL / GEAR UP / TRAIN SMART / TRIATHLIFE

American Gwen Jorgensen warms up before the start of the ITU World Triathlon Series race in Auckland. The reigning ITU world champion went on to win her 10th WTS race of her career (and seventh in a row). Fellow American Katie Zaferes finished second, and Kiwi Andrea Hewitt took third on home soil. In the men's race, Great Britain's Jonathan Brownlee earned the victory over reigning ITU world champ Javier Gomez.

PHOTOGRAPH BY DELLY CARR / TRIATHLON.ORG



ATHLETE READS

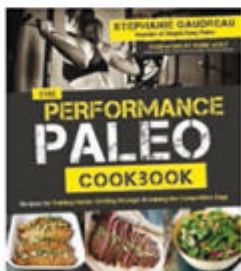
Three new books that can help you reach your performance goals



Run Like a Champion: An Olympian's Approach for Every Runner

By Alan Culpepper
VeloPress, \$19,
VeloPress.com

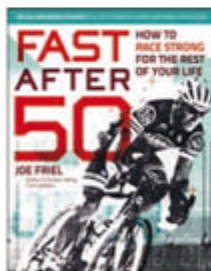
Read it: To unleash your best running ability, regardless of your background or experience level.
Snapshot: "Being clear about your motivation will help you figure out what kind of runner you need to be to make your goals a reality. Then you'll have not only a more effective training experience but a more enjoyable one as you train with intention, using the correct program and appropriate intensity."



The Performance Paleo Cookbook: Recipes for Training Harder, Getting Stronger and Gaining the Competitive Edge

By Stephanie Gaudreau
Page Street Publishing Co.,
\$22, Stupideaspaleo.com

Read it: For tasty, Paleo-based meals designed to boost sports performance.
Snapshot: "Quality nutrition forms the base of the performance pyramid, and it's even more critical to success than training time, sleep and everything else you do. Eating nutrient-dense, whole foods that provide the energy and substrate for training and recovery is the key to building a solid foundation."



Fast After 50: How to Race Strong for the Rest of Your Life

By Joe Friel
VeloPress, \$22,
VeloPress.com

Read it: To learn more about the effects of aging on athletic performance and how you can be a competitive endurance athlete as you get older.
Snapshot: "Exercise keeps you healthy and much younger than what is normal for our society. Moreover, that exercise does not have to be highly intense to foster excellent health and allow you to lead a robust life as you get older."—MICHAEL NYSTROM

BY THE NUMBERS

THE GREAT ESCAPE

The Escape from Alcatraz Triathlon, which will take place on June 7, 2015, is one of the sport's most iconic races. It features a unique distance (close to Olympic distance) but on an extremely challenging course, from start to finish. Athletes start by jumping off a ferry near Alcatraz Island into the San Francisco Bay for a 1.5-mile swim, followed by an 18-mile technical bike and 8-mile run over the steep, hilly terrain around San Francisco.

SIX

Number of times
2014 winner Andy Potts
has won this race

FIRST YEAR
THE RACE WAS
TELEVIEWED

1989

1:54:41

Men's course
record, set by
Simon Lessing
in 2004

#1

Race on Triathlete.com
readers' bucket lists

SHARK
SIGHTINGS
DURING THE
SWIM PORTION
OF THE RACE

ZERO

55

degrees,
expected water
temperature in
San Francisco
Bay on race
morning

thirty-fifth
YEAR OF THE RACE

Steps athletes climb up
the infamous Sand Ladder
on the run course

400

8

Number of
Michelle
Jones' Alcatraz
victories (she
also holds the
2:08:54 course
record from
2004)

8000

Number of athletes
vying for one of the 1850
lottery slots every year

NEWBIE TIP

SIGHT IN THE POOL.

There are no underwater black lines to follow in an open-water swim. Practice sighting drills in the pool so you're comfortable with the rhythm and disruption to your stroke on race day. Try to locate some type of landmark like a lifeguard chair mid-lap.

SWIM STRONGEST

YOU CAN BECOME A STRONGER SWIMMER THIS SEASON WITH THE SWIM SPEED SERIES.

In her books, 4-time Olympian, gold medalist, and ITU world champion Sheila Taormina reveals the world's fastest way to swim. With crystal-clear photographs and her engaging style, Coach Taormina breaks down swimming technique into simple steps that anyone can master.

Become the strongest swimmer you can be using Sheila Taormina's Swim Speed Series.



Focus on your fastest freestyle with a high-elbow pull and optimal stroke rate.



Overhaul your freestyle with waterproof workouts and drills that will make you fast.



Swim your strongest by mastering all four strokes. Taormina breaks down butterfly, backstroke, breaststroke, and freestyle into simple steps.

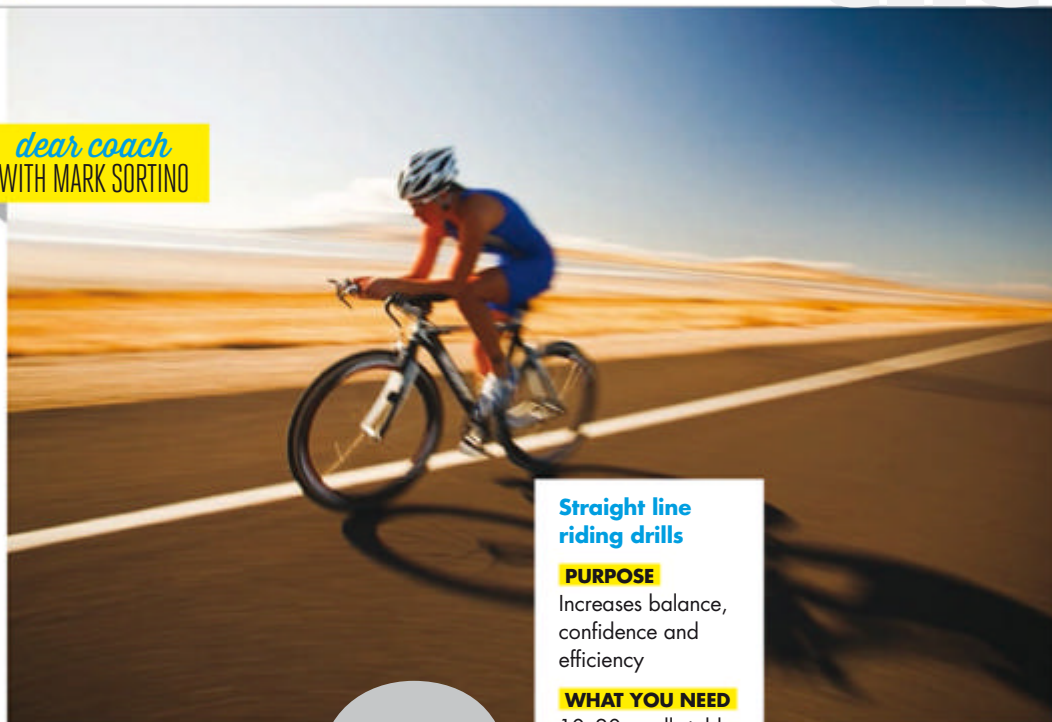
FEATURED IN THE SWIM SPEED SERIES:

ELIZABETH BEISEL • NICOLAS FINK • ROWDY GAINES • ANDREW GEMMELL
MARGARET KELLY • ARIANA KUKORS • MELANIE MARGALIS • DAVID MORGAN
VLAD MOROSOV • AARON PEIRSOL • DOUG REYNOLDS • ALLISON SCHMITT
LAURA SOGAR • REBECCA SONI • PETER VANDERKAAY • ASHLEY WHITNEY



Available in bookstores, tri shops, and online.
See a preview at velopress.com/swimming.

dear coach
WITH MARK SORTINO



Straight line riding drills

PURPOSE

Increases balance, confidence and efficiency

WHAT YOU NEED

10–20 small stable obstacles (like cones) that you can set up side by side, one foot apart in a long line. **Alternative option: Use the white line on the right side of a safe road.*

DRILL

Ride through a dozen times, circling back around each time, for each of the following.

- ▶ Straight through without hitting cones and adjusting your speed
- ▶ Ride with one hand on bars and one hand on back hip or jersey pocket; alternate hands
- ▶ Ride through looking back as if clearing for a turn
- ▶ Ride through no handed
- ▶ Bonus: Have a friend “hand” you a water bottle while you’re going through

It seems simple enough, but when you deliberately practice these, you’ll immediately see that you’ll need more practice!

Standing and accelerating drills

PURPOSE

Learn to generate maximum power in a short time. Get back up to speed as quickly and efficiently as possible.

WHAT YOU NEED

50 meters of pavement

DRILL

Clip in and start pedaling. Get into a “hard” gear. Pick a point on your line that you will “start” your acceleration. At that chosen point, stand on your bike and pedal hard. Use your body weight to help you push down and let the bike rock rhythmically side to side beneath you. This allows you to apply more force to the pedals because you can rest your entire weight on the “driven” pedal while also pulling up on the handlebar thus giving you even more force than just your weight. This will be tremendously beneficial for technical bike courses that have lots of turns.

High-speed turning drills

PURPOSE

Learn how to carry more speed into and out of a turn

WHAT YOU NEED

A large paved area (like an empty parking lot) and some markers, like cones. **Alternative option: Utilize “landscape islands” in parking lots.*

DRILL

Set up a 90-degree turn with cones practicing a dozen times increasing speed each time, then change directions. Then set up a 180-degree turn and repeat.

- ▶ Turns should be smooth with one “arc” (i.e., one turn with minimal adjustments)
- ▶ Any adjustments to speed need to be complete prior to entering the turn (i.e., no braking in the turn—brake before the turn)
- ▶ Look ahead and through the turn, not right in front of the wheel
- ▶ Point your knee into the turn, shift weight and keep your upper body over the plane of the bike (i.e., your body angle should match the bike angle)
- ▶ Utilize “counter steering” by pushing down on the bars
- ▶ When passing the apex of the turn, your bike should already be pointing in the outbound direction (for 90-degree turn)

WHAT ARE SOME EASY WAYS TO PRACTICE MY BIKE-HANDLING SKILLS?

As with swimming and running, triathletes should practice bike skills often.

Why? For starters, a more efficient cyclist is a faster time trialist. Gaining confidence translates into better turns and accelerations and will reduce the number of handling errors that often turn into crashes.

I recommend the following weekly or bi-weekly skills sessions to help you become a more efficient, confident and safer triathlete on the bike.

Mark Sortino is a USA Triathlon Level II and USA Cycling Level II coach who is the co-founder and CEO of Team Multisport Performance Institute (Teammpi.com).



FOR THE WIND AND THE WIN

Photo: ©Nils Nilsen



Harrowing crosswinds across endless fields of lava. It was the kind of day that makes you think twice about your equipment choices. That is, of course, unless you are on ZIPP Firecrest® and Firestrike™ wheels. Aero and stable, they were chosen by Ironman® World Champions Sebastian Kienle and Mirinda Carfrae along with over 900 other Ironman athletes for this special day. The number one wheel in Kona. Year after year.

ZIPP



TRANSITION BLUNDERS

Race like a savvy triathlete by avoiding the seven biggest mistakes in transition. **BY EVAN RUDD**

Prepping your transition bag before a race can feel like gearing up for a month-long backpacking trip, and your mental checklist can quickly overwhelm clear, methodical preparation. Take note of these seven transition blunders to ease your nerves and, most importantly, to avoid becoming the target of your training buddy's jokes.

1. Racking your bike in a big gear. We've all seen (or perhaps experienced) the embarrassing struggle of trying to muscle a bike forward from a near standstill in the big ring. This is such an easy mistake to make, especially if you don't get a chance to ride your bike before racking it. Add this step to your mental checklist and don't forget to shift into an easy gear before the start of the race.

2. Putting your timing chip over your wetsuit. File this one in the brain fart category. Put your timing chip on *under* your wetsuit to ease wetsuit removal in T1.

3. Overinflating your tires. Tire blowouts are often the result of overzealous triathletes overinflating their tires the morning of the race. As the temperature rises, the tire expands and explodes. A 10-degree increase in temperature can add approximately 2–3 psi, so keep that in mind while inflating your tires.

4. Applying sunscreen at the wrong time. The savvy triathlete will apply sunscreen before arriving at a race. The not-so-savvy triathlete will forget to put sunscreen on until after he has been body marked, smearing black ink all over his arms and legs. Even worse than putting sunscreen on late is not putting it on at all.

5. "Moving in" to transition. You know the guy who sets up on a beach towel the size of a comforter, lugs a lawn chair, a bucket of water to wash his feet along with a gigantic duffle bag full of who knows what? Don't be that guy (or girl). Respect your neighbors and only bring what you need into transition. Even if there's room next to you when you set up, try to minimize your footprint.

6. Acting too agro. Your internal dialogue may involve psyching yourself up with hardcore mantras, but that doesn't give you an excuse to walk around like a stone-faced jerk. Have the internal focus and concentration of a samurai warrior heading to battle, but try to put a smile on and enjoy yourself. This sport is all about having fun, not trying to intimidate your fellow triathletes with *Terminator* stares.

7. Using a too-thick rubber band. So you've finally mastered the flying mount (congrats!) and are ready to show off your acrobatic maneuver coming out of T1. It's much easier to pull this aerial feat off if your shoes are level, necessitating the use of rubber bands to hold your shoes in place. Here's a tip: Pick your bands wisely. If they're too thick, they may not break as you stomp on your pedals, which will immediately negate the glorious mount you just stuck. In a worst-case scenario, an unfortunately placed rubber band can bend or rip off a derailleur.



CASTELLI

Dream of speed — and more speed.
The Castelli Core Tri Top.

CASTELLI-CYCLING.COM

MED TENT

HEAL YOUR HEEL

Treat and prevent Achilles tendinitis with these stretches and exercises. **BY JORDAN D. METZL**

MARKED BY MILD TO DEBILITATING

pain in the back of the heel, the tendon just above it, or possibly up to where the calf muscles form a V on the back of the leg, Achilles tendinitis is inflammation of the Achilles tendon, the thick, ropelike tendon connecting the gastrocnemius and soleus muscles in the lower leg to their insertion points at the heel bone. Here's what you can do about it:

Employ dynamic rest. With Achilles injuries, in general, swimming is fine and biking can work, but only if it's pain free. Running is a huge no-no and will make the injury worse.

Ice it. Applying ice to the area for 15 minutes 4 to 6 times a day can help reduce inflammation and swelling.

Stretch it. Don't stretch if it brings pain. Once you can do so without pain, do the classic runner's stretch with

your hands against a wall (see right).

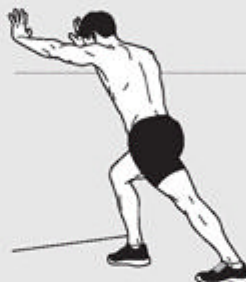
Strengthen it. A tendon like the Achilles starts to hurt because of the load on it. If you want to reduce the loading force, build up the muscles affecting that load so they can take the brunt of it. Once you're pain free, recondition your lower body. Start with eccentric calf raises: Stand with your heels hanging off a step, take 10 seconds to lower them, then raise them back up at a normal rate. Also add in plenty of plyometric lower-body work like squats, multidirectional lunges and squat thrusts.

Prevent it. The best way to prevent Achilles tendinitis in the first place is by building limber lower legs. An underlying lack of flexibility, especially in your calf muscles, can cause Achilles injuries. The stretches and exercises here all target your lower leg and can be added to any workout.



FARMER'S WALK ON TOES

Grab a pair of heavy dumbbells and hold them at your sides at arm's length. Raise your heels and walk forward (or in a circle) for 60 seconds. Be sure to stand as tall as you can and stick your chest out. Choose the heaviest pair of dumbbells that allows you to perform the exercise without breaking form for 60 seconds.



STRAIGHT-LEG CALF STRETCH

Stand about 2 feet in front of a wall in a staggered stance, right foot in front of your left. Place your hands on the wall and lean against it. Shift your weight to your back foot until you feel a stretch in your calf. Hold this stretch for 30 seconds on each side, then repeat twice for a total of three sets. Perform this routine daily, and up to three times a day.



SINGLE-LEG STANDING DUMBBELL

Grab a dumbbell in your right hand and stand on a step, block or 25-pound weight plate. Cross your left foot behind your right ankle and balance yourself on the ball of your right foot, with your right heel on the floor or hanging off a step. Put your left hand on something stable—a wall or weight rack, for instance. Lift your right heel as high as you can. Pause, then lower and repeat. Complete the prescribed number of reps with your right leg, then do the same number with your left (holding the dumbbell in your left hand).



CALF ROLL

Place a foam roller under your right ankle, with your right leg straight. Cross your left leg over your right ankle. Put your hands flat on the floor for support and keep your back naturally arched. Roll your body forward until the roller reaches the back of your right knee. Then roll back and forth. Repeat with the roller under your left calf. (If this is too hard, perform the movement with both legs on the roller.)

KEEP YOUR ACHILLES HEALTHY WITH THESE TRAINING TIPS

Watch your foot mechanics. Pronation (when the foot rolls inward as you walk or run) can contribute to Achilles injuries. Stability shoes and/or over-the-counter arch supports can help correct the problem.

Shorten your running stride. Doing this while increasing your foot strike cadence may help you generate better stride mechanics because you'll be putting a lot less load on your feet, shins and knees. While running, count how many times your right foot strikes in 60 seconds. Shoot for 85 to 90 per minute.



New York City sports medicine specialist Jordan D. Metz, M.D. is a 29-time marathon finisher and 10-time Ironman. His book, *The Athlete's Book of Home Remedies*, has more than 1,000 tips to fix all types of injuries and medical conditions.

SHIMANO

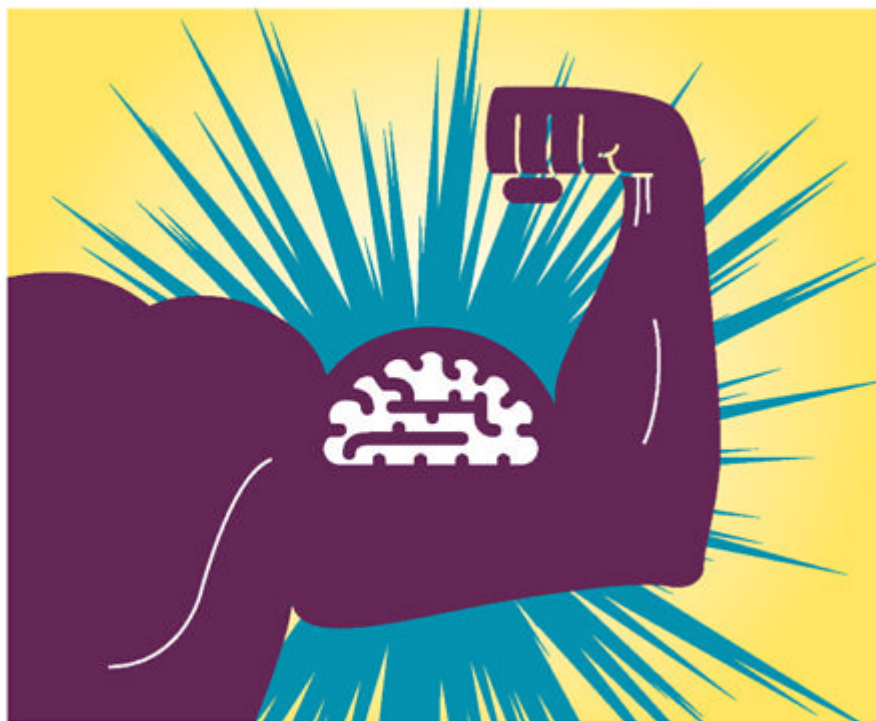
Queen Ka'ahumanu Highway, Hawai'i, The Big Island



THE ONLY SHOE AND PEDAL SYSTEM
ENGINEERED TOGETHER FOR MAXIMUM
EFFICIENCY AND COMFORT

MADE FOR EACH OTHER





MY MAGIC WORD

"Strong" isn't measured in watts or weight—it's a feeling, a state of mind.

BY TIM DeBOOM

"YOU LOOK STRONG." NOT "YOU LOOK FIT" OR "YOU look lean!" And definitely not "You're looking skinny!"

"You look strong" is what I wanted to hear before a big race. In fact, after I heard it the first time, it became my mantra during races. Be strong. Run strong. Stay strong.

Saying I looked "fit" could mean anything. People always said that. It seemed like an alternative way to say, "Good luck!" "Lean" didn't mean much either. In Hawaii, everyone has veins protruding from every inch of their bodies. Of course I was lean! "Skinny" was the most dreaded of all. I am a firm believer that being too skinny can be detrimental and usually leads to poor performances. I know that I was too skinny on numerous occasions, and it never ended well. "Strong" was the magic word. It meant I was ready.

However, strong did not carry the traditional meaning for me. It had nothing to do with my weight, how much I could

bench press or how many watts I pushed on the bike. It was a feeling within myself that obviously projected outward when others began to notice.

I never got sick when I was strong. I worried about it, but I never even caught a cold. I never had any lingering niggles either. I didn't have any aches and pains that could have morphed into a full-blown injury at any time. It was a feeling of resilience that told me I was on track for great performances.

Looking back, I had periods of feeling strong that lasted several months or even a year. They clearly coincided with the best performances of my career. My strong years always had three things in common.

First, they always happened during a season that was preceded by a proper off-season. Taking a long break from structured swim, bike and run workouts was

LOOKING BACK, I HAD PERIODS OF FEELING STRONG THAT LASTED SEVERAL MONTHS OR EVEN A YEAR. THEY CLEARLY COINCIDED WITH THE BEST PERFORMANCES OF MY CAREER.

paramount to recover from the previous season and prepare for the season ahead. I always stayed active so I wouldn't get too out of shape, but the goal was not to build fitness during the off-season.

During a "strong" year, I also lifted weights. All year. I never skipped my weight training, even if I was tired. I always felt better after lifting. I know many endurance athletes disagree with strength training. However, for me, the old cliché rings very true: strong body, strong mind. I dedicated most of the year to maintenance lifting, with only a few cycles of true power lifting. It kept my body "awake," so to speak, and added a welcome balance to the linear swim, bike and run.

Lastly, during these strong periods of my career, I rested. A lot. I rested as hard as I trained. Whatever enough rest was, I rested enough. I had my days and weeks planned precisely. My easy workouts and rest days were scheduled for recovery, and I never deviated from my plan by adding "just a little bit more training." The seasons I consistently included an extra spin or jog were not successful.

I realized I was strong before anyone ever told me I looked it, but I fondly remember the first time someone actually said those three magic words. It changed the meaning of the word "strong" from that day forward. In 2001, I was rolling down Ali'i Drive in Kona, headed toward the pier to rack my bike. The road is always jammed with traffic, both cars and bikes, as everyone is headed in the same direction. I pulled up at the last stop sign before rolling into transition, and hanging out the side of a car was Normann Stadler waving me over. We said hello and good luck, and as I pedaled away, he yelled one more thing. "Hey Tim. You look strong!" ■

Tim DeBoom went on to win the 2001 Hawaii Ironman by more than 15 minutes. He also won the Ironman World Championship in 2002 and was the last American to win in Kona.

nytro

QR

2015 QR BIKES

The 2015 QR bikes are now in-stock... Stop by our location for a test ride or buy online!



2015 Nytro Breakaway Training Team
Bike of Choice :: Quintana Roo PRsix

Felipe Loureiro
Nytro Breakaway Training Team member
Shop of Choice :: Nytro Multisport

QUINTANA ROO



PRsix Ultegra Di2 \$8,499*



PRsix Ultegra \$4,999 | \$6,099*



CD0.1 Ultegra Di2 \$5,299 | \$6,399*



CD0.1 Ultegra \$3,299 | \$4,399*



CD0.1 Camo 105 \$2,899 | \$3,999*



CD0.1 105 \$2,799 | \$3,899*



DULCE 105 Mix \$2,099



LUCERO Lite \$2,499 | \$3,599*

*Includes matching Reynolds Carbon Strike clinchers as shown.

nytro
Choice of Champions

940 S. Coast Hwy 101 Encinitas, CA 92024 | 800.697.8007 | www.nytro.com

HARDWARE

DIAL IT IN

This tri shoe, thanks to its Boa closure system, allows you to quickly fine-tune your fit.



**LOUIS GARNEAU
TRI-400 SHOES, \$325**
louisgarneau.com

Triathlon cycling shoes generally employ one tried-and-true type of closure system: a wide Velcro strap at the opening of the shoe with a smaller strap toward the toes. However, Louis Garneau breaks from tradition with the Tri-400, which uses Boa's IP1 dial to lock down the mid-foot, creating a triathlon shoe that rivals top-end cycling shoes in comfort and security.

The top strap has a reverse Velcro closure, so it closes toward the inside of the shoe. It's offset in a way that molds to the curve of your foot so it doesn't pinch or rub. But the real highlight of the shoe is the Boa dial, which can spin bidirectionally to loosen or

tighten, effectively tailoring the fit with a simplistic and convenient design.

The carbon outsole feels incredibly stiff and has vents to allow air to flow in and water to drain out. The insoles are also ventilated, making this shoe ready for hot weather when combined with the mesh inserts on the upper. With a claimed weight of 235 grams, the Tri-400 is 45 grams lighter than the Specialized S-Works Trivent, which also uses a Boa dial and costs \$75 more. While there are only a handful of more expensive shoes, there are even fewer that rival the Tri-400 in comfort and performance.

—EVAN RUDD

GoRoll WarriorR

\$89, Goroll.com

This foam roller is a truly utilitarian product that can serve your multisport needs.
—JENÉ SHAW

*clever
GEAR
ALERT!*

The roller has various densities depending on where you roll, so you can adjust for the desired pressure.

Throw your yoga mat in the GoRoll for easy carrying; the lid can attach to the bottom.

Lock it up! You can store your belongings inside with a resettable combo lock, and it's water-resistant.

Use the strap to carry the roller—as a backpack or over the shoulder—or use it as a stretching strap. Once the GoRoll is locked, so is the strap, so you can loop it around a stationary object to ensure it doesn't go anywhere.

There's an interior pocket that's the perfect size for a wallet, keys and credit cards.



FCSYSTEM

ALL TOGETHER NOW.

The new FC System was designed with one thing in mind: to bring together the most compelling details into one all-inclusive hydration **system**.

A strategically integrated front computer mount, new refill port to shield splash back, versatile straw placement and rear airfoil storage unite into a single sleek system. Everything you need, right where you need it.

FC System is available in two sizes
FC25 (25oz) and FC35 (35oz)
in black or white.



To get a full product tour visit PROFILE-DESIGN.COM/FCSYSTEM

**PROFILE
DESIGN** 



We awarded the 2008 Olympic gold medalist the “Best Transition to Long Course” in our Triathlete.com Best of 2014 awards thanks to his on-fire first season of long-course racing. The highlight of last season was a podium finish at his Kona debut (even with a flat tire), but the German had been turning heads all year with high-profile Ironman 70.3 victories (U.S. Pro Championship in St. George, Asia-Pacific Championship in Auckland, and Oceanside), a silver medal at the 70.3 world championship and a podium finish in his Ironman debut at the European Championship. He started 2015 off with a victory at Ironman 70.3 California in Oceanside. He’s married to fellow 2008 Olympic gold medalist Emma Snowsill of Australia, who announced her retirement from racing last summer. Frodeno (aka “Frodissimo”), who’s in the air much of the tri season, shared a glimpse into his race travel bag.



4 HANDPRESSO ESPRESSO

5 AN EMERGENCY KIT
"With aspirin, Umckaloabo (a German plant extract that works wonders for a sore throat) and Nasic (nose spray), just in case."

8 ASICS RUN OUTFIT
(GEL-Super 133s, \$100,
Asicsamerica.com; 5" Short.

\$60; Speed Singlet, \$45; Kayano Single Tab Socks, \$14) "On long stopovers, I try to find a gym to stretch the legs out and break into a bit of a sweat. I actually try to plan that if it's long enough to squeeze in a quick session. Plus, this way I'm sure to at least have some race shoes if my luggage is lost."

10 A PRESENT FOR MY WIFE "Whoever goes away for a trip has to bring back a present"



GO
BEYOND
YOUR
EXPECTATIONS.

R&A CYCLES, THE REAL EXPERTS IN TRIATHLON.

Many of us aren't professionals, but we want to be treated like one. We know the feeling, which is why our staff isn't ordinary. The training involved in becoming an R&A Sales tech is lengthy, extremely detailed, and mandatory. Unlike many others, we think outside the box, we do things differently, we achieve results... You might have certain expectations, but our goal is to surpass them and to give you results like no other.



RACYCLES.COM

SILVIA RIBEIRO

From Rio de Janeiro, 35-year-old Ribeiro got her athletic start as a pro volleyball player in her native Brazil. At 26, she was working toward her doctor of dentistry degree (which she earned, and she later practiced as a dentist) when she was spotted on the street by a modeling scout and quickly embarked on a globetrotting career that continues today. This season's travels, though, will revolve around training camps as Ribeiro targets a spot at the Ironman 70.3 World Championship and earning her pro card.

as told to
JULIA BEESON POLLORENO



JOHN DAVID BECKER



I used to play volleyball when I was a teenager and used to be a professional from 1999–2002. But my family didn't give me support to follow this dream. I had to go to college, and that's the reason I became a dentist. When I was playing volleyball I played for a big club in Brazil and they had a triathlon team and I thought, 'Wow, that looks so hard, I would never be able to do that.'

I got into one of the best universities in Brazil, and there was a lot of competition to get in. When I was in the middle of college, a model scout saw me and gave me his card. He asked me, 'What do you think about becoming a model?' and I said, 'I don't think so.' I was already 26 and almost graduating from dentistry school. I put his card in my backpack and thought, 'No way am I going to call this guy.' Months later I was cleaning my apartment and found his card and thought, 'Why not? Let's give it a chance.' He took me to a really good agency and things happened so fast. I started traveling around the world. I graduated from college but it was really hard to combine those two professions—a dentist and a model—so after a year and a half I had to decide. In 2009,

I decided to be a model full time.

When I became a model my agency told me after two years, 'Now you have to go to New York.' In New York they are really strict about measurements, and it's a really tough market. I had to lose some measurements because I've always been an athlete. So I started running and started doing spinning classes and met a lot of triathletes. They told me, 'You should try it because you have the body type for it,' and I said, 'No way; I don't have time for that.' But I kept running and spinning and then I literally fell in love with triathlon.

I was in Germany for modeling work in winter and it was snowing a lot and I couldn't train outside, so I spent a lot of time in my apartment watching Ironman videos.

I've lived everywhere and been to 40 countries. South Africa, Spain, Italy, France, Chile, Argentina, Mexico, United States, Germany.

I was getting a lot of work in New York but one day I got a phone call from my booker and he told me to come to the agency right away. He said all the clients were complaining about my body. I was too athletic and had to stop training. I told him no. I was already 30

years old, and I'm such an anxious and hyper person, running helps to calm me down. He said, 'Then you should drink a glass of wine every night. No, a bottle—it will help you!' I said I wasn't going to start doing that, and he said, 'Or even better you should smoke marijuana!' I started laughing because I thought he was joking, but he wasn't. After that, he didn't book me a single job. So I decided to move to Miami and said, 'I want to do what I love. I want to train for triathlon.'

I came to Miami and did my first sprint-distance race in 2011. I had a horrible, heavy aluminum bike and had not been training properly. After that race I looked for a coach and started following a schedule.

I put all my heart, my soul and my mind into what I'm doing. I really love triathlon. I'm happy when I'm training and struggling, I love the feeling and can't believe I'm finally doing what I love. I decided to leave those lives as a dentist and model behind, but I have no regrets because I'm doing what I love and I have the feeling that everything is going to be all right because I'm training with my entire heart and soul. Money is not the focus for me. For me, it's to do what I love to do. When I'm doing sports, my mind and body connect and I have the feeling of really knowing myself. I know my limits, my weakness, my strength—everything.

I was living in Brazil for the past two years because I was hosting a TV show there. Basically I was traveling around the world looking for beautiful places to ride my bike.

When I got back to the U.S. I was not expecting to work that much as a model. But I did really well the last season here in Miami. I'm happy for that.

"I'M HAPPY WHEN I'M TRAINING AND STRUGGLING; I LOVE THE FEELING AND CAN'T BELIEVE I'M FINALLY DOING WHAT I LOVE."

My boyfriend [Rafael Gonçalves] is also a triathlete. He's training now with Siri Lindley. She's unbelievable. He also had to make a really tough decision because he was working two jobs in Brazil. He decided to leave to follow his dream, and that's the reason we came to the U.S. together. He was considered the best swimmer in the world in triathlon. In 2013 he was first [age-grouper] out of the water at the Ironman World Championship, and the same last year. He was leading the swim course with the dolphins beside him. I cried!

My strength is the bike. I love being on the bike. The feeling is amazing. Running is my weakness. After a long bike ride it's hard to find your legs. I don't have a background as a swimmer, and I'm not the best but I'm doing pretty good.

There is a huge crew behind the camera—the photographer, lighting guy, producer—and you are the focus. You can't show them weakness. You need to show confidence otherwise they will want another model because there's a lot of competition. In triathlon it's the same thing. When I'm struggling in a race you can't show weakness; you need to show that you're confident and strong. ■



CAMILLA PEDERSEN

During the summer of 2013, it looked like Danish pro Camilla Pedersen was on her way to a top Kona finish, after she won both the Ironman 70.3 European Championship in Barcelona and the Ironman European Championship in Frankfurt. Then on a training ride a month out from Kona, she crashed her bike while dodging a group of kids. It left her with bleeding on her brain, among other injuries, and doctors were forced to put her into a medically induced coma to give her brain a chance to heal. When she woke up a month later, doctors told her she wouldn't be able to walk again, but her fierce determination and new outlook on life pushed her to defy the odds and get back to training. She started racing again in April 2014, and she earned multiple Ironman 70.3 victories as well as the title of ITU long distance world champion last year. This year, the bubbly blonde has her sights set on a top-five finish at Ironman Hawaii and, one day, the Kona crown. — **AS TOLD TO BETHANY LEACH MAVIS**

► *I just really wanted to come back to the Camilla everybody knew. ... My family was there for me 100 percent all the time, and also people from all around the world—they started a collection for me because they didn't know if I was going to get surgery. That's also why I wanted to come back ... as a thank you.*

► *I got a call in 2010 from Rasmus Henning, who had created a team of young triathletes. He asked if I wanted to come for a weekend and do some tests. I always trained a lot, but I also needed goals for my training—why do I have 15 spinning classes a week, and why do I go work out at the gym every day? ... I said, 'OK, I will start the new extreme sport of Ironman.' I'd never run a marathon or biked on a road bike.*

► *I used to be a swimmer* and was on the national team for juniors, but I stopped swimming in 2002, and then I didn't swim for eight years. I hated swimming after that—I got too much of it. So for me the hardest part about doing triathlon was that I had to start swimming again.

► *[My family] always* thought I was crazy. I like to use my body because you get to know yourself and your body a lot more when you go through your limits. You never really know where the limits are, and you get surprised every time.

► *If I'm not nervous in* the morning or the evening before a race, then I know I'm not ready. But it's also important to see some races as a training day. Because if you are nervous in all the races you do, you won't be able to perform every time.

► *I'm a nutritionist. ...* That's also what I like about triathlon—you not only go out and swim, bike and run, you have to have focus on the nutrition all the way. Did you get enough salts, electrolytes, energy? What works for you is not what works on another, so you have to figure it out for yourself.

► *Enjoy every second of* what you're doing. ... You only live once. You could be here, and then one second later, you could be gone. So you really have to enjoy life and love what you're doing; otherwise, don't waste your time. ... It's a lot of hard hours, but it's worth it in the end. The day I don't have the motivation is the day I won't do triathlon any more.

■ READ THE COMPLETE INTERVIEW
WITH CAMILLA PEDERSEN AT
TRIATHLETE.COM/PROFILE/CAMILLA.



**OUTPACE
OUTLAST
OUTPERFORM**

JAN FRODENO
OLYMPIC GOLD MEDALIST

2XU
HUMAN PERFORMANCE. MULTIPLIED.

2XU.COM >



ME, THE MENTAL GIANT

Finding the courage and confidence to reach your multisport goals
BY MEREDITH ATWOOD

The fantastic Chrissie Wellington said one of my favorite triathlon quotes: “If we let our head drop, our heart drops with it. Keep your head up, and your body is capable of amazing feats.” ¶ I read her words somewhere in my beginner days and thought to myself, “My head is so heavy though. Particularly when I am running.” I am a chronic stare-at-my-feet runner. I stare at the ground so I don’t see the nasty hill coming or how far I actually have to go. When the hill appears underneath my shoes, then I can be pleasantly surprised. ¶ Indeed, we want to keep our heads up and be mentally tough so we can push our bodies to amazing limits. After all, that’s why most of us are tackling this fantastic sport, right? To see what we are made of? To prove that we can go faster and farther? To prove to our ex-boyfriends that we really are just as crazy as they originally thought? I have always been the type of person to focus on my weaknesses, or to see the worst in the situation—a »

*Travis
McCabe*

INTRODUCING POWERTAP P1 PEDALS
IT'S LIKE CLIPPING YOUR
FEET INTO TWO LITTLE
LIE DETECTORS.



FAILURE IS NEVER AN OPTION.

WHERE OTHER PEDALS HAVE FALLEN BEHIND, WE COME OUT AHEAD BY GIVING YOU THE
INDUSTRY-LEADING ACCURACY AND DURABILITY YOU NEED TO DIVIDE AND CONQUER.
FOR WHEN YOU WANT TO DIG DEEP INTO ALL THE DATA.

COMING SOON | POWERTAP.COM

#TAPINTOPOWER

 **powertap**[™]
TESTED. TRUSTED. TRUE.

TRIATHLETES DEMAND ULTIMATE TECHNOLOGY

NEW!

232 Sprint with softer foam, base and cover. A favorite for our women athletes.



232mm - shortest length in class!



CHOOSING A 232

Women
Men
Sprint Distance
Olympic Distance
Half Distance
Full Distance

**232 Sprint
Soft
Padding**

★★★★★
★★★★★
★★★★★
★★★★★
★★★★★
★★★★★

**232 T
Medium
Padding**

★★★★★
★★★★★
★★★★★
★★★★★
★★★★★
★★★★★

Koobi 232 Sprint & 232T

Reduced 48mm width allows no chaffing, greater power transfer. No Zip-Ties required!

Brand X Standard length

Gold outline - Greater width and length generates friction resulting power loss.



May 16, 2015
px160.org



KOOBI

232 saddles available at distinguishing "Fitters" or

www.koobi.com
877-743-3566

glass-half-empty type of gal. *Why am I so fat? Why don't I have any fashion sense?* Eventually, I can turn lemons into a fabulous lemon vodka cocktail, but my gut reaction in most situations is to scream, "Sky. Falling! See it?"

Triathlon was no different for me. At the beginning, it was all about what I couldn't do. *I can't run fast. I can't climb on a bike. I can't clip out of my pedals.* I had a form of triathlon-based negativity compulsion.

Then something inside of my brain clicked during training for my first Olympic-distance race. At some point, I decided that I was tough as nails and nothing could stop me. Both things are not actually true, but in my mind, I believed them, and these thoughts festered. "Hey, I am tough, because I am training for a triathlon!"

On those long runs where I swore I was near death, I could hear my brain say to my body: "You aren't going to die. Just run through the pain. When you're done running, the pain will stop. But if you stop before you are done, the physical pain will become *shame* pain, and we all know shame pain is the worst. Especially shame pain and a pint of ice cream. Bad."

I definitely had moments where I stomped my feet, cursed and said, "I quit." But overall, maintaining a form of "head up" and toughness carried me through those first few months and to the finish of my first half-Ironman. That was my first real test of mental bravery, when I jumped into the pouring rain swim start and raced as sick as a dog.

Sometimes, I think that the mental toughness is even more important for beginners. If you are starting out (or started out) anything like I did in my triathlon journey, then you are (were) accustomed to society (and yourself) telling you that you weren't good, pretty, thin, rich or fit enough. So when you made a crazy declaration like "I'm going to do a triathlon," and those same people who thought you were fat now think you are crazy, you have a very interesting situation on your hands. Your mental toughness is forced to either rise up or eat crow. I'm not one to like the taste of crow, so I kept churning away at the workouts. I realized that I had to be mentally tough, brush off the negativity (both from outsiders *and* myself) and move forward.

As a beginner, you are forced to find tons of courage and confidence to make it through training and on to those first races. You see more tough times in the pool and on the bike than you could ever imagine. From a pure fitness standpoint, beginning is difficult. Sometimes triathlon feels like one giant lesson in humility, but the race day reward is amazingly fantastic—which is what keeps us going back for more.

Take joy in the small victories, because the small moments of greatness are what the big ones are built upon. One of the biggest wins for me was the day I rolled up to an intersection on the bike, unclipped from my pedals and placed my foot firmly on the ground. When the light turned green, I rolled on, clipped in and kept going. About a half mile down the road, I realized that I did not *think* about the intersection. The bike had become an extension of me. I had successfully stopped and started ... and I was *awesome*!

Of course, we do triathlon for ourselves, but sometimes that external motivation is a good place to find fuel for your fire. Admittedly I find that it's nice to say, "Yeah, I showed him" or "Take that, world!" to validate hard work and mental toughness. For example, I had an irritating miserable lawyer co-worker who continuously made snide remarks about my training. I was a baby triathlete, and he was a jerk-face in real life. But a really interesting thing happened after my first half-Ironman. I was in the break room at work, and he said, "How's that little triathlon thing going?" Then he snorted. Really? Yes.

I said, "Oh, you mean the half-Ironman training?" He snorted again, and said, "Yeah, yeah. Tell me how far that is again." I told him the distances of 1.2-mile swim, 56-mile bike and a half-marathon, to which he actually laughed out loud, looked me up and down, and then snarled, "Good luck with that!"

I paused for a minute as he turned to walk out of the break room, and said, "Hey Jack? Actually, I finished it last weekend. It was great. And I was *awesome*."

Whatever your goal or wherever you are in this process, be a mental giant. Channel Chrissie. Channel the beer at the finish line. Make it happen just to show that jerk at the office that you could. ■

Meredith Atwood is a wife, mother, attorney, Ironman, coach and author of *Triathlon for the Every Woman*. She lives in Atlanta and blogs at Swimbikemom.com. Adapted from *Tales From Another Mother Runner* (\$11, Andrews McMeel Publishing).

A portrait of Kathryn Bertine, a professional triathlete, with her hair in a braid, set against a warm orange and yellow background.

*Kathryn
Bertine*

A close-up of the PowerTap C1 chainring, showing its black, multi-toothed design and the integrated power meter mechanism.

INTRODUCING POWERTAP C1 CHAINRING

THE ONLY THING THAT SHOULD
NEED MODIFYING IS YOUR
PAIN THRESHOLD.

CRANKING PERFORMANCE UP A NOTCH

WHERE OTHERS FORCED CHANGE, WE'VE STAYED TRUE TO FORM. TURN ANY CRANK
INTO A WORLD-CLASS POWER METER. NO MODIFICATIONS REQUIRED.

COMING SOON | POWERTAP.COM

#TAPINTOPOWER

The PowerTap logo, featuring a stylized 'P' inside a circle.

powertap[™]
TESTED. TRUSTED. TRUE.



A SMART INVESTMENT

Do's and don'ts of being a coachable athlete
BY JESSE THOMAS

One of the most common questions I get from triathletes is, “What’s the best investment you can make to become a better triathlete?” And much to their shocked surprise, my answer isn’t a Dimond superbike, a Pearl Izumi speedsuit or even a Picky Bar, though each of those things is *clearly* a remarkable investment. The best investment you can make is hiring a coach. A good coach will make a far bigger difference in how fast you finish than any piece of equipment, nutrition or even shaving your legs. (I know—amazing.) »

MATT COLLINS

NOW YOU CAN MEASURE POWER
ANYWHERE YOU WANT TO
WITH POWERTAP
**ACCURACY AND
DURABILITY.**



FORCE TO BE RECKONED WITH

NO ONE ELSE ON THE ROAD HAS PROVEN ITSELF LONGER OR STRONGER. AND NOW
YOU CAN MEASURE POWER ANYWHERE YOU WANT TO WITH POWERTAP ACCURACY.

COMING SOON | POWERTAP.COM

#TAPINTOPOWER

 **powertap**[™]
TESTED. TRUSTED. TRUE.

But, unlike the superbike or shiny calves, the results aren't instant. A coach is an investment that only pays off with long-term consistency, trust, communication and execution. A good coach doesn't just work; you have to work to make him or her work. It's like that scene in *Jerry Maguire* where Tom Cruise yells at Cuba Gooding, Jr., "Help me help you!" You have to let your coach Tom Cruise help you by being a coachable athlete. And if you do, you'll have the season you always dreamed of, make that big catch in the fourth quarter and have an epic bro hug at the end of the game.

I've been around long enough to see many forms of athletes, ranging from high school basketball dudes who were just plain lazy, to NCAA All-Americans who hid injuries, to the Purplepatch Fitness (Matt Dixon-coached) professional triathlon squad, including myself, who are perfectly coachable athletes in every single way imaginable.

Regardless of how good your coach is, there are a *lot* of ways you can make it hard and/or impossible to coach you. I've made a lot of mistakes that hampered my coaches' ability to coach me. But I've

evolved, and I'd like to think that now, outside of a few too many phone calls and/or hating on band-only swim sets, I'm a fairly coachable athlete.

So to save you some of the mistakes I've made and seen, and the lost time, frustration and failures that occur as a result, I've compiled a list of do's and don'ts for being a coachable athlete. And like I do in many of my articles, I polled my readers on Facebook and Twitter to help me identify the qualities, habits and tendencies they've seen or experienced that aided (or hampered) their coaching relationships.

Do: Be honest. "Be honest with where you are as an athlete and your desired or actual lifestyle/family/work situation."
—Corie Young

Honesty is the foundation of a good coaching relationship. From the outset, be honest with your coach about your goals, potential limitations or conflicts, your expectations for progress, and the nature of the relationship. These of course will evolve, but it sets the stage for a great partnership.

Don't: Know everything already. "Knowing everything helps me not lis-

ten to my coach. It's such a put-off because he thinks he knows everything."
—@benatkins33

Ben gives the perfect example of one of the typical problems with our sport—lots of intelligent, type-A people who are confident and motivated to do independent research, and in short, think they know everything. But if you're hiring a coach, you're doing so because you don't know it all, so make sure you let yourself approach it that way.

Do: Ask questions. The counterbalance to not being a know-it-all is asking questions. The best coaches, I think, aren't afraid to explain their philosophies and methodologies, and are open to constructive questions and feedback. It's OK to want to understand why and how, and work with your coach to make sure you do. It's a healthy part of the communication process.

Do: Trust your coach. A coach's vision, influence and/or plan can only be realized if you give it a chance. And in order to do that, you have to trust your coach. Of course, there's always a risk that things won't work out exactly as you both had hoped (in fact, this is likely!).

Race day, it's all on you



But you didn't get this far alone

On race day, it's you against the world. Getting there, however, requires help. You rely on training buddies to stay motivated, family to pitch in when you're on the second workout of the day, and advice from experts so you don't waste your time. Let us help out with the gear – help sort out what's most useful to you and your goals, and what can be left to another day. We can help, because we've been there, too.

TriSports.com

Unmatched selection • Expert advice • Committed to community

888.293.3934 www.trisports.com

WALKABLE BY DESIGN

*Zero Aero Walkable™ Cleats sold as cleat sets only.
Zero Pedal Systems include standard Zero V.2 Cleats.*

Hand assembled at Speedplay in San Diego, California

Walking in road cleats has never been easy, until now. Speedplay's Zero Aero Walkable™ Cleats have rubberized covers that stay on when riding and improve traction when walking. The thin, contoured cleat profile allows for a more natural gait off the bike and the streamlined shape further improves the aerodynamics of Zero pedals. Fully integrated and truly walkable – another Speedplay first. To learn more, visit Speedplay.com.



AERO



WALKABLE



But you won't know if it's working unless you give it a real shot.

Do: Stick to the plan. It's a pretty simple concept, but it's something a lot of triathletes mess up. Once your plan is in place, do it! (See the next two 'don'ts' for some common examples of not sticking to the plan.)

Don't: Strava-tize and/or group-demolish your workout. It's great to train with groups, and it's a useful tool for getting more out of your hard days, but make sure you don't put yourself in a situation where you're hammering/racing/destroying yourself on your easy day! This happens with almost every age-grouper I've ever trained with. Also, I love me some Strava KOMs, but I keep those for the days only when that effort is prescribed.

Don't: Randomly make up workouts when you miss them. "Uncoachably: when workouts are missed and athlete tries to add 3 swims, 2 bikes, 2 runs all in one day to make it up."—@Dgar5

This is also a common mistake and a recipe for disaster. Instead of binge exercise, do the following:

Do: Communicate. There are going to be workouts that you miss, you feel

terrible for or just can't do. It's part of balancing triathlon with life. Rather than hiding in your man cave, tell your coach about it. No plan is perfect, and communication is key to proper adaptation.

Do: Tell your coach when you're injured. "Best way to be uncoachably: No matter what, don't tell your coach if you're injured. (Not that I've done this.)"—Jessica Russell

This is kind of a repeat of communication, but it's such a common mistake I think it's important to include. If you've got something bothering you, tell your coach. Don't just assume you should train through it. Injury prevention is about managing signals before they get bad.

Don't: Be negative. "Uncoachably—whine about every set you are given during Masters swim. I always wonder why they come if all they do is complain."—Deb Gifford Essel

I agree, unless the set is band-only.

Do: Let them pull you back. "Reining in is much of what ambitious athletes need, since they are inclined to overdo everything."—Michael T. Smith

Agreed, this is the point of a coach for many of us, myself included. Part of why

communication about injury, illness, fatigue, life, etc., is so important is so your coach knows when to back you off.

Don't: "Request that your weekly plan comes via fax machine."—Jake Steen

Yes, that would be annoying.

Do: "Based on experience, if you have a very good looking and sexy coach ... you will work extra hard at what they recommend you do!"—Shelley Ann Harper

I've never experienced this before, but makes sense.

There is no perfect coach for everyone. The right coach for you depends on logistical factors such as location and cost, and physical and emotional factors such as coaching philosophy and communication style. When looking for a coach, it's important that you take all into account and seek the advice/input of his or her current and former athletes. Once you do find your coach, base the relationship on trust, communication and honesty. Then brace yourself for the most epic finish-line bro hug of all time. ■

Jesse Thomas (@jessemthomas) is a four-time Wildflower Long Course champion and the CEO of Picky Bars (Pickybars.com).



YOUR NEW SECRET WEAPON HAS ARRIVED.

Long treasured by cyclists, the entire suite of Chamois Butt'r® products bursts onto the triathlon scene. Featuring GoStik™ to keep wetsuits and running kits from chafing skin, Embrocations to keep muscles toasty and industry-best Chamois Creams to keep your special parts happy on the bike. Plus, Skin Wash and Kit Wash for post-effort clean up. Put the full arsenal to work, and experience the advantage that true comfort can bring.

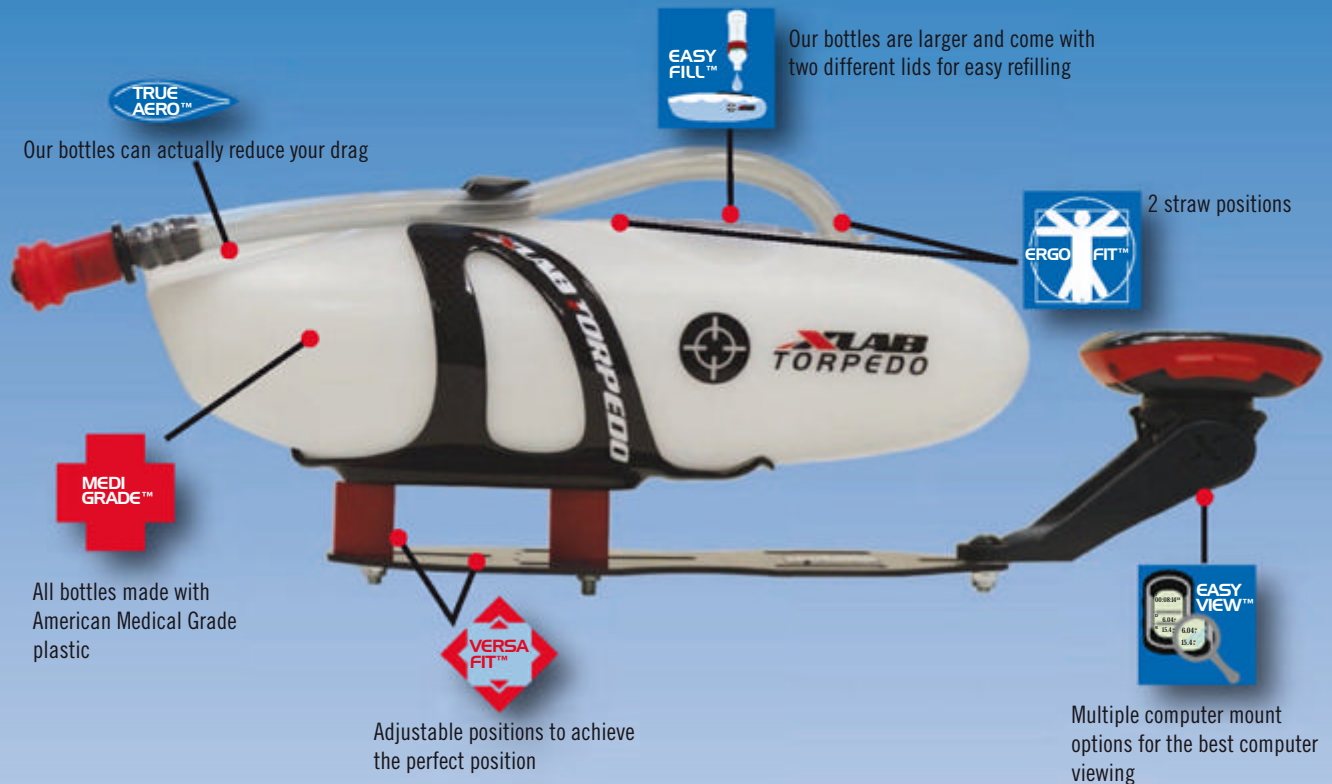
**BUTT'R MAKES
IT BETTER.™**



LEARN TO CHURN AT CHAMOISBUTTR.COM



CUTTING-EDGE REFUELING



Special features:



XLAB TORPEDO VESTITO
cover keeps fluids up to 25% cooler!



Four price points to fit all budgets!



TORPEDO CAGE can carry a standard bottle, aid station refills, and sports drinks



Craig Alexander
5x World Champion



Daniela Ryf
2014 70.3 World Champion



XLAB™
AERODYNAMIC ACCESSORIES
www.XLAB-USA.com





THE FUTURE OF SPEED



Leanda Cave - Four-time World Champion

ventumracing.com

swim bike run

TRAINING / GEAR / RACING / RECOVERY

The 35th annual Escape From Alcatraz Triathlon will take place on June 7, starting with the signature ferry jump into the chilly waters of the San Francisco Bay. The unique course showcases some of the most beautiful parts of the city—including the iconic Golden Gate Bridge—during the race's 1.5-mile swim, hilly 18-mile bike and 8-mile trail run.

PHOTOGRAPH BY SETH BERLING / ENDURAPIX





BONUS WORKOUT

Choose a set based on your ability level. The A set is based on intervals of 1:20–1:30 per 100. The B set is based on intervals of 1:50–2:00 per 100. The C set is 2,000–2,500 yards total and based on a rest interval.

BROKEN 300s

- 300 (easy) with 30 sec rest
- 2x150 (build) with 20 sec rest
- 3x100 (descend 1-3) with 15 sec rest
- 4x75 (25 fast/50 easy) with 10 sec rest
- 6x50 (all strong) with 5 sec rest

A

3 SETS

- #1 swim
- #2 1M/stroke
- #3 pull

B

2 SETS

- #1 swim
- #2 pull

C

1 SET SWIM

—SARA McLARTY

I've just learned to swim, but freestyle exhausts me so fast. What am I doing wrong? —@littlest79

A You are not alone—many new swimmers share the same frustration. Here are a few tips to make your training experience much easier:

- **Exhale out of your nose while your face is in the water.** Do not hold your breath while you are swimming. Breath holding causes a build-up of carbon dioxide in your lungs, which gives you the out-of-breath, panicky feeling.
- **Breathe more often.** Take an inhale every two or three strokes.
- **Relax and let your body float in the water.** Do not try to swim on top of the water. Watch an elite swimmer from the pool deck and observe how little of his or her head and body is actually out of the water.
- **Shrink your kick to provide propulsion without creating drag.** Only move your feet/legs up and down in the water 12–16 inches. Maintain a quick tempo at the surface of the water.

pool training (and especially not while cycling). Using earphones while training means that you are listening to something other than the feedback your body is giving and being distracted from the goals of the workout. Listening to music drowns out the sound of your breathing so you are unable to correctly judge your effort level. Following along to the lyrics of a song blocks you from focusing on stroke and technique in the pool.

Q: How would you suggest starting swimming again after a long break?

—@beavdan

A: After a long time out of the water, it's best to restart your training program by progressing slowly and focusing on good technique. Follow the 10 percent rule from running (don't increase mileage by more than 10 percent per week). You can do the same for swimming by using yardage or total workout time in the pool. If you were out of the pool for an injury, it is doubly important that you slowly build back into training to prevent a recurrence of the injury. Take advantage of your break out of the water to forget any bad techniques and relearn the correct movement patterns. Have your stroke examined by a professional swimming coach in person or via video analysis.

Q: Do you recommend wearing earbuds while swimming? I'd love some music on long swims. —@DrewerIV

A: Yes, there are some products on the market that are waterproof and can provide musical entertainment while swimming. However, I personally do not recommend wearing earbuds during your



■ GOT A SWIMMING QUESTION? COACH SARA WANTS TO HELP. JUST TWEET YOUR QUERIES TO @SARALMCLARTY

Pro triathlete and swim coach Sara McLarty has 25-plus years of experience and knowledge about swimming mechanics, efficiency and technique.

TIM O'DONNELL 5TH PLACE 2013 IRONMAN WORLD CHAMPIONSHIPS



PHANTOM

COMFORT AND PERFORMANCE

Internal Core Power System
Flexible 1mm Bio-Stretch Zone
Super Stretch Yamamoto #39
Technical Arm Positioning Sleeve
Quick Transition Heels
Aqua Grip Cuffs

Working with an elite triathlete roster, Aqua Sphere has developed a full range of triathlon wetsuits integrating proprietary technologies to enhance your race day comfort and performance.

 **Aqua Sphere®**

www.aquasphereswim.com

Phantom \$699 Racer \$499 Challenger \$349 Pursuit \$249 Pursuit SL \$199 Youth Rage \$174

CONTROLLED CHAOS

Train yourself to recover quickly from a rough swim start. **BY SARA McLARTY**

ANYONE WHO HAS EXPERIENCED THE FRENZY and turmoil that takes place during the first few minutes of a multisport endurance event might strongly consider taking up bull running as a milder hobby.

No matter which way you approach it, the start will cause your heart rate to spike, adrenaline to skyrocket and breathing to become strained. This is all happening internally while dozens (or hundreds) of other people are trying to occupy the same space as you are externally. The challenging part is learning how to recover from this initial shock while continuing to swim along the course.

The secret to recovery happens in practice and training sessions months and weeks before the start of the race. Learning how to recov-

er in a pool or controlled environment will make it easier for when you are in a race. Many training sessions will involve sprints or races to mimic the aggression and excitement of a mass start. But it is what you do at the *end* of the sprint that matters: Pause for a moment at the wall to hear your time or glance at the clock and then immediately start an active recovery.

Active recovery refers to slowing your breathing and lowering your heart rate while swimming slowly and without needing to hold onto the side of the pool or lane rope. This is the exact situation in which many athletes find themselves 200–300 meters into the race, but most can continue swimming easy freestyle until they have regained

their composure without needing something to hold onto.

You can also use a safety stroke to recover while continuing to swim forward. One example is to roll onto your back for a few breaths while you continue to kick or swim the backstroke. This is also a good position to readjust and empty water out of your goggles if they were knocked askew. Breaststroke is a great recovery and safety stroke because it is an easy way to hold your head above water to get your breathing under control and also to sight for the course buoys.

A tough or rough start does not mean the end of your race. Practice active recovery at the pool and in open-water training sessions so that the chaos of a mass start is nothing you can't handle.

PROACTIVE PREP

Learn to bounce back from a heart rate spike (like the one in the first 200 meters of a race) by practicing in the pool. Incorporate sprints followed by easy swimming.



**NEW
LOOK**

OWN BECOME GREATNESS IT

SIX STAR™
PRO NUTRITION

Six Star® Proteins – Formulas to fuel every fitness goal

Six Star® is the only brand that features a complete line of premium proteins for every athlete's training needs.

Every formula delivers award-winning flavors and premium quality at a smart price. Get all of these premium formulas at Walmart:

- ▶ Fast-digesting **Whey Isolate Plus & Whey Protein Plus** enhanced with musclebuilding creatine
- ▶ Slow-absorbing **Casein Protein** for extended amino acid delivery
- ▶ Plant-based **Soy Protein** & vegan-friendly **Instant Protein Smoothie**
- ▶ Speed up recovery with **Complete Recovery Protein**, delivering quality carbs to fuel muscles and premium protein to help build muscle
- ▶ Convenient grab-and-go **Protein Bars & 100% Isolate Protein Gels**
- ▶ Female-friendly **100% Protein Isolate** created by women for women



#BecomeGreatness

facebook.com/SixStar @SixStarPro sixstarpronutrition

SixStarPro.com

Facebook logo is owned by Facebook Inc. Read the entire label and follow directions. © 2015

PREMIUM SUPPLEMENTS. SMART PRICE.

Select

CVS/pharmacy

Walgreens



meijer



BLUSEVENTY HYDRA-VISION

\$35, Bluseventy.com

Available in a bronze or smoke-colored polarized lens, the curved, wide lenses of the comfortable and light Hydra-Vision make sighting a cinch. Blueseventy also offers a \$30 mirrored version and \$25 non-mirrored clear or yellow option.

KAYENNE POLARIZED

\$50, Aquasphereswim.com

The Kayenne, which is also sold in a mirrored version for \$40 and clear or dark version for \$28, has a streamlined design, wide field of vision and quick one-touch buckle adjustability. (Also available in small and women's sizes.)



IN A NEW LIGHT

Two new polarized goggles take the glare out of your open-water swims. **BY JENÉ SHAW**

➔ During races with varying light conditions—for instance, going straight into the sun one direction and not on the way back, or racing with a moving cloud cover—polarized lenses can reduce glare and keep your line of vision to the buoys clear. Both Aqua Sphere and Blueseventy have added polarized lens options to their most popular open water frames.

WETSUIT HACK!

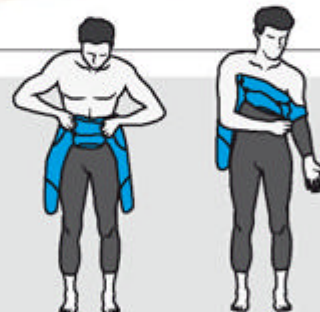
Avoid a dreaded fingernail tear with this trick from Jay Weber of XTERRA Wetsuits: "There is a little-known secret to avoiding a wetsuit tear, which starts by having it inside out," he explains. "With the rubber on the inside, and the neoprene sponge on the outside, you'll be able to roll the suit on."



1 With the suit inside out, ensure that you are looking at the chest, not the back zipper, as you hold it up.



2 Lay the suit on the ground in front of you and insert your feet through each opening. Begin to tug the suit up over your lower legs, working evenly and alternatively from leg to leg.



3 Once you have the suit up and over your chest, do one arm at a time in the same manner (with it inside out). This will avoid putting undue stress on the suit and ensure that the outside rubber coating keeps from getting fingernail tears.



YOU ONLY HAVE ONE CHANCE TO MAKE A FIRST IMPRESSION

BEST DEBUT - RUNNER'S WORLD
AND WE'RE JUST GETTING STARTED

Runner's World is a registered trademark of Rodale, Inc. All rights reserved.



SOLANA

www.zootsports.com

TRAINER TIME-SAVERS

Getting race-ready? Don't waste valuable minutes prepping for an indoor ride. Try these smart tactics.

BY BETHANY RUTLEDGE



One of the major benefits of indoor riding is that an hour of training time equals an hour of ride time because you cut down on all the prep that an outdoor ride requires. But without a dedicated pain cave, you could waste enough time on setup and takedown to defeat the purpose of your time-efficient trainer workout. Consider these various indoor options:



ROAD BIKE ON ANY TRAINER

If you have two bikes and a trainer, the easiest option is to leave your road bike indoors. This does lead to the question, "Is it OK to ride my road bike instead of my TT bike for training?"

The answer: There is nothing wrong with mixing it up on different bikes year-round, but when you get close to your race (8–10 weeks out) and you plan to do quality race-specific intervals indoors, it is worth setting up your TT bike so you can learn to hold race pace in the aero position.

PRO No setup time

CON Need to readjust to race position



SPIN BIKE AT THE GYM

Generally gym bikes do not mimic the demands of real riding enough that they would be equivalent to just riding your race bike. Some spin bikes now have power meters so you can at least gauge your effort, but this should be a last resort. The occasional spin class can be a good way to get your heart rate up if you have no other option, but if triathlon (versus straight fitness) is your main focus, specificity trumps the fun factor.

PROS Availability, included in gym membership

CON Lack of specificity



RESISTANCE-CONTROLLED "SMART" TRAINER AND SECOND BIKE

If you're training with power outdoors, it's hard to not want to dial in that same level of preciseness indoors. Using a trainer with a built-in power measurement, such as a Computrainer (starts around \$1,600, Racermateinc.com) or Wahoo Kickr (starts around \$1,000, Wahoofitness.com), can be a nice complement so you can get data from your indoor efforts and have a dedicated indoor setup.

PRO Precise workout with file generated for later analysis

CON Cost



REGULAR TRAINER WITH RACE BIKE

If you have a power meter on your race bike, you can use that bike with a dedicated "dumb" trainer (trainer without controlled resistance) for a consistent reading on your efforts.

PRO Low-cost trainers can be purchased for less than \$300, which is a good solution for those with crank-based (Quarq, Pioneer) power meters or a Garmin Vector

CONS Necessitates using nice wheels on a trainer if you have a hub-based meter (PowerTap), negates original goal of having dedicated setup sans race bike



STANDALONE INDOOR BIKE

With a bike like the CycleOps Phantom (around \$2,500, Powertap.com), you can set up similar to the fit on your own bike and have a built-in power meter. This option is pricy but is a good solution to save time if you have the budget and space. If you only have an indoor bike that is nothing like an actual bike, you won't quite get the same training benefits.

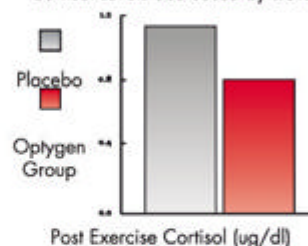
PROS Can mimic race position, no setup time, power data, no change to training wheels necessary

CON Cost (as much as another bike)

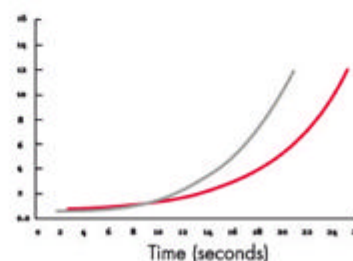
Clinically Proven to Increase Endurance



Cortisol Levels decreased by 26%



Lactate Threshold increased by 42%



Detailed research data and references available at firstendurance.com

OptygenHP is a legal, safe and stimulant-free formula that's clinically proven to increase endurance. A study done by South Dakota State University showed OptygenHP reduces cortisol levels (the primary stress hormone) by 26%. Chronically elevated cortisol levels can prevent an athlete from recovering, increase the risks of overtraining and suppress the immune system. Another study done at Luther College showed endurance athletes who used OptygenHP increased time to lactate threshold by 42%.

The main adaptogen in OptygenHP was first used by Tibetan Sherpas to help them climb Mt. Everest. OptygenHP contains this unique adaptogen because clinical research on elite endurance athletes shows it increases VO2Max, increase the body's ability to adapt to high levels of physical stress, increase anaerobic threshold and reduce lactic acid.

OptygenHP delivers 50% more beta-alanine than the original formula. A 2012 study evaluated the effects of beta-alanine supplementation on VO2max, time to exhaustion and lactate concentrations. Subjects supplemented with beta-alanine for six weeks. The group experienced a significant increase in VO2max, an improvement in time to exhaustion and lactate utilization. The study showed beta-alanine supplementation can reduce lactate concentrations during exercise and thus can improve exercise performance in endurance athletes. See for yourself how the critically acclaimed OptygenHP can help take your training and racing to a new level.



First Endurance Proudly Sponsors:



Professional
Cycling Team



Learn more about reaching your true potential at firstendurance.com • 866-347-7811



SCOUT YOUR "A" RACE COURSE

Strategize for your specific course without leaving your house. **BY BETHANY RUTLEDGE**

SO IT'S TIME TO GET SERIOUS ABOUT YOUR "A" race and you want to make sure you are adequately prepared for the demands of the course. What's the best way to approach your preparation? If given the chance, most athletes would research the course description, preview and hopefully pre-swim/ride/run the course, and come up with a pacing plan based on their abilities. With the help of technology you can take your preparation to the next level and leave no surprises to race day—without even leaving your house.

COURSE RECON

Low-tech version: You can do basic course scouting by asking

others for their perceptions of the course and looking for race reports online. If given the chance, riding (or even driving) the course prior to race day is incredibly helpful.

High-tech version: Software such as Computrainer's Racermate allows you to "ride" specific courses at home on a smart trainer. On the Racermate Course Exchange, you can upload/download courses to preview.

Bonus version: If you have access to a Computrainer studio or multi-rider setup, you can have friends join you for a preview ride on the same course. With this setup you can even "race" your friends virtually on the course.

THE HIGH-TECH ADVANTAGE

Pro TJ Tollakson used Best Bike Split to predict his time for Ironman Mont-Tremblant. He had estimated that a 4:30 might require a 300-watt average, but his Best Bike Split power plan showed he could average 279 watts and ride a 4:28. He ended up riding 4:26:55, averaging 278 watts, for a record-setting performance.

CREATING A PACING PLAN

Low-tech version: To create a basic pacing plan, you should look at your past performance files, previous races and recent training to come up with a realistic estimate of effort and performance potential for race day.

High-tech version: Create a detailed bike leg estimate using Best Bike Split (Bestbikesplit.com), which will take your power data, course info and race-day conditions to give you a power plan to target your best bike split.

DECONSTRUCTING THE TERRAIN

Low-tech version: Look over every inch of the course and consider taking video with a GoPro camera to fine-tune your knowledge of turns and hills.

High-tech version: Using PerfPRO software (Perfprostudio.com), you can ride the past performance of another athlete. There are two ways to do this—you can take a performance file, complete with wattage values, and convert it to the proper percentage for your personal functional threshold power. Or you can ride the course gradients associated with the performance file. A pacer's data can be added so it's as if you're training with a virtual rider.

Bonus version: If you're willing to put in the time, the software allows you to upload your own videos and associate them with a workout or performance file.

GIVING YOU THE COMFORT
TO MAKE YOUR COMPETITORS UNCOMFORTABLE



IRON Tekno Flow S



Customer service:
Vittoria Industries North America, Inc.
phone 800-223-3207 / 405-239-2677
req@usa.vittoria.com

www.selleitalia.com



RPM² INSOLES
(\$700–\$750)
Rpm2.com

THE ADVANCEMENT AND DEVELOPMENT of power meters may be the fastest growing gear segment in the multisport industry, and a new company called RPM² (Remote Performance Measurement and Monitoring) is aiming to revolutionize the category with an insole-based system that has sensors embedded in the inserts to monitor the distribution of pressure on the sole of each foot.

CONCEPT

When used in cycling mode, the insoles provide power data for each leg and can even identify if your foot is pronating or supinating through your pedal stroke. There are several advantages to an insole-based power system (over a hub- or crank-based power meter), such as the ability to easily swap the inserts between shoes. The price—ranging from \$700 to \$750—also makes it one of the cheapest power-measuring products available.

RPM² also has run functionality, which measures ground contact time, flight time, cadence and sequential force strike, which shows where you land on your

foot as well as how much you pronate. The insoles measure bilateral range of motion to analyze ankle dorsiflexion, knee extension and hip flexion and extension. The system works through an app on your phone and has the goal of improving efficiency by revealing imbalances.

EXECUTION

Weighing about as much as a racing flat, these insoles should be considered a training tool and probably not something you'd use on race day. Another drawback is the lack of ANT+ connectivity, so you can currently only pair it with your phone. Battery life is about five hours and it takes 45 minutes to recharge each insole using an included charging mat.

Our wish list of refinements: a sleeker design and ANT+ connectivity (which RPM² is close to launching). Even without those additions, RPM² has developed a unique tool that could lead to a new generation of versatile power meters to help athletes further optimize their training.

SOLE SEARCHING

The RPM² insoles could lead to a new generation of versatile power meters. **BY EVAN RUDD**

kit of the month **A DIFFERENT STRIPE**

► The history of the Brevet jersey goes back to 2011, when three Rapha staff members entered the Paris-Brest-Paris Randonnée, a 1,200-kilometer unsupported, historical distance event, testing a prototype of what eventually became the Brevet jersey and its accompanying gilet (vest). What came out of those long-distance tests is a durable jersey with the polished, classy look Rapha is known for. Both the jersey and gilet feature a reflective horizontal stripe and detailing for extra safety in low-light conditions. With an offset zipper and a windproof front, the gilet is perfect for layering, and when the ride temps heat up, it packs down easily into a jersey pocket. The merino-blend jersey material is lightweight enough for early morning or crisp-weather rides but is probably a bit too heavy for height-of-summer spins.

—JENÉ SHAW AND JULIA BEESON POLLORENO



BREVET JERSEY AND GILET BUNDLE, \$265
(also sold separately)
MEN'S BREVET SOCKS, \$25
WOMEN'S PRO TEAM SOCKS, \$25
Rapha.cc

Kick your season into gear with BigRing Bicycle Insurance!

Some of the benefits you'll enjoy include:

- Damage and theft coverage
- Covers bike, components & accessories
- Coverage during shipping
- Rental reimbursement
- And more!



Insurance for what *moves* you

Get your **FREE** quote today!

BigRingInsurance.com/Triathlete

Brought to you by Transamerica • Now available in select areas

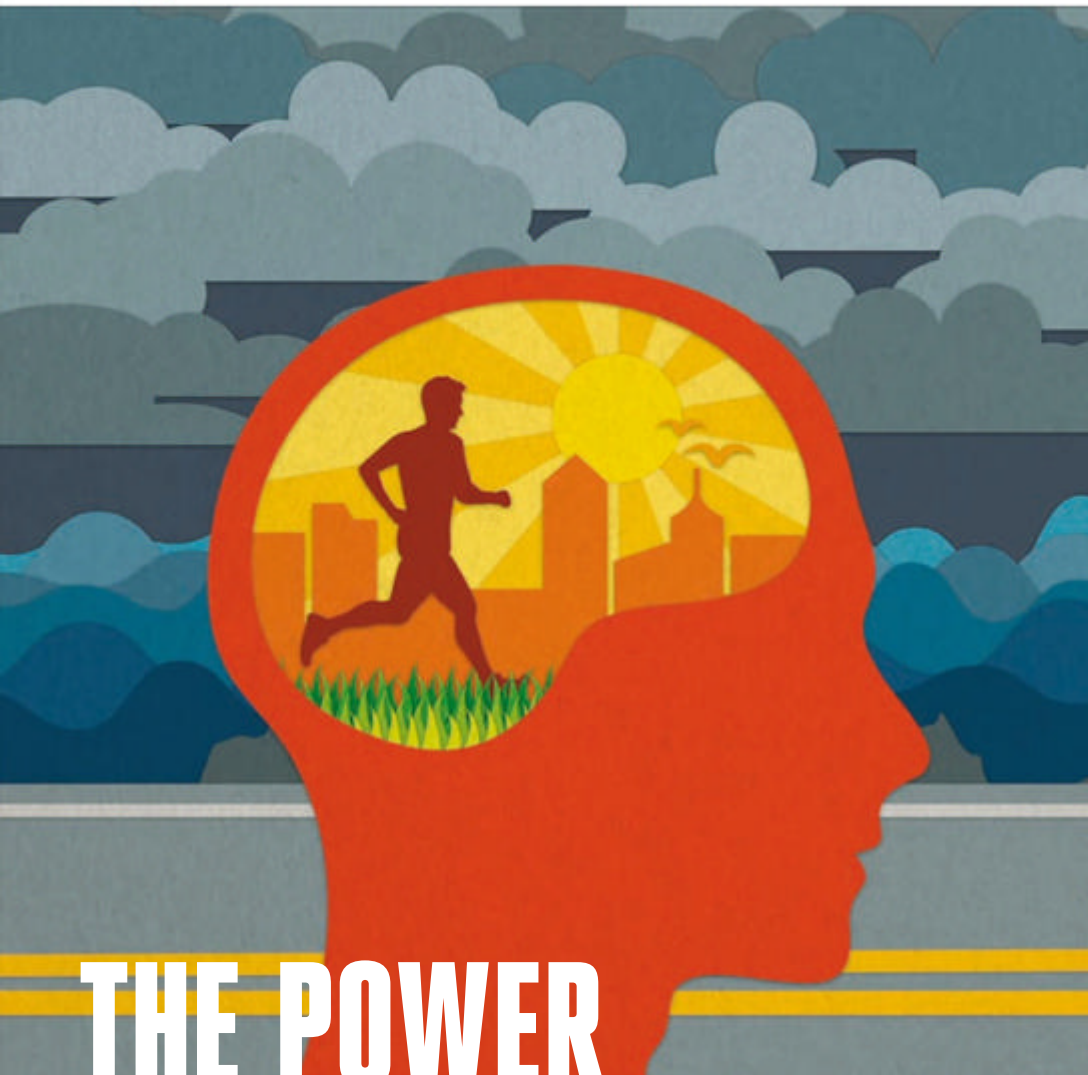


PROUD SPONSOR OF:



Insurance products and services are underwritten by Transamerica Casualty Insurance Company, Columbus, OH, NAIC number 10952, Administrative Office: 100 Light Street, Baltimore, MD 21202. Transamerica Casualty is licensed to sell insurance in all states. BigRing is brought to you by Transamerica Casualty Insurance Company. Copyright 2015 Transamerica Corporation, 4333 Edgewood Road NE, Cedar Rapids, IA 52499 – All Rights Reserved. AT#1156002





THE POWER OF POSITIVITY

Harnessing the good and blocking the bad can make all the difference during training and racing.

BY MACKENZIE LOBBY HAVEY

A WORKOUT GONE WRONG CAN MAKE YOU WISH YOU NEVER HAD TO PUT ON A pair of running shoes again. New research suggests that we ought to simply shelve those negative memories and spend more time thinking about the runs that went right. The study, published in the journal *Memory*, discovered that recalling a positive past exercise experience can actually help motivate a person to exercise more. In surveying 150 college athletes, those who were coached on conjuring up a positive memory associated with past training logged more exercise over the week-long study than those who didn't recall such an experience.

Adrienne Langelier, a mental performance consultant based in Magnolia, Texas, says that we should all have a highlight reel of great workouts and races ready to access at any given time. "Recalling past positive experiences for evidence that your future

experience will be favorable is important," she says.

With the runners she consults, she often has to do some work to get them to shift from dwelling on the negative to focusing on the positive. "You want to see the race you ran well, instead of the one that didn't work out," Langelier explains.

When you have a reel of positive images flicking through your mind, you're more likely to relax and run your best during a workout or race. "On the starting line, you want to have some key experiences ready to access before the gun goes off to give you a boost in confidence," she says. "Then you're more likely to turn some of that race-day anxiety into excitement."

PYRAMID SCHEME

A simple early- to mid-season track workout for new speed

Breaking up a track session into a pyramid format not only keeps things interesting, it forces you to examine your pacing, since the way back "down" the set mirrors the way you went up. This track session from Jonathan Cane of New York City's City Coach Multisport is one he does often during the start of race season. "In the early season I like to avoid too much 'changing gears,' and therefore create increased stress via distance rather than speed," Cane says. "Later in the season I might manipulate speed rather than distance in order to increase the challenge, but in the spring or early summer, that's probably a little aggressive for most distance folks."

—JENÉ SHAW

THE WORKOUT

After a thorough warm-up (at least 10–15 minutes), do this main set on the track:

- 2x400 at 5K pace with 200 recovery jog
- 1x800 at 5K pace with 400 recovery jog
- 1x1600 at 5K pace with 800 recovery jog
- 1x800 at 5K pace with 400 recovery jog
- 2x400 at 5K pace with 200 recovery jog

Follow it with a thorough cool-down.



TriRock
TRIATHLON SERIES



f t i
/TRIROCKSERIES
#TRPHILLY

REGISTRATION CLOSES 6/23



JUNE
27+28



FAIRMOUNT
PARK



SPRINT
OLYMPIC
RELAY

SAVE \$15

REGISTER WITH CODE: TRIATHLETE EXP 06/23/15

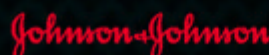


TRIROCKSERIES.COM

SERIES SPONSORS



EVENT SPONSORS



GO LONG!

Advice for making the most of your long runs

BY MACKENZIE LOBBY HAVEY

WHEN IT COMES TO TRIATHLON TRAINING, “long run” is a relative term. If you’re preparing for an Olympic-distance race, your weekly long run is going to look very different from that of someone training for an Ironman. One thing the long run has in common across all distances, however, is the crucial role it plays in getting an athlete ready for competition.

“The long run is important for any distance, but especially for 10K events and up,” explains Marcelo Holcberg, a USA Triathlon-certified coach in Miami. “Doing it week after week, month after month, your endurance grows.”

There are many reasons behind including a long run in your train-

ing regimen. Perhaps most obviously, longer efforts at easier paces are designed to teach your body to be more efficient over the long haul. “It is one of the cornerstones of training,” says Mark Mico, an Albuquerque, N.M.-based coach. “The long run is used to train the body to convert fuels, train the aerobic system and teach mechanical efficiency.”

Long runs are also an opportunity to practice your mental focus leading up to a big race. Coaching yourself to stay positive at a given pace over many miles, even after fatigue sets in, can be a huge asset during an event.

No matter the distance for which you’re training, long run

LONG RUN TARGETS

Going into training, many triathletes are interested in what their longest long runs will be once they get into the thick of training. Here are some general ranges based on race distance.

Sprint: 60–75 minutes

Olympic:

60–90 minutes

Half-Ironman:

1:30–2 hours

Ironman:

2:15–3 hours

pace should remain fairly consistent. “Triathletes are so self-motivated, on long runs they often go too hard,” Mico says. “I suggest sticking to a conversational pace.” In heart rate terms, he translates this to 70–80 percent of an athlete’s max heart rate. He often assigns long runs in minutes, rather than miles, purely to keep an athlete from running too hard. With that said, if you can keep your pace under wraps, some athletes may prefer logging a specific number of miles.

Once you get your pace dialed, there’s a wide range of other things to pay attention to during your long runs. For instance, these types of workouts provide the ideal opportunity for you to practice your nutrition regimen. “You have to train your digestive system for race day,” adds Mico.

Long runs also present the chance to focus on form, particularly in the latter stages of the workout when fatigue sets in. “When you get tired during a long run, your form is the first thing to fail,” explains Holcberg. “When that happens, it can lead to injuries, so it is important to focus on running tall and leaning forward.”

“Relax your shoulders, shake out your hands, pay attention to quick turnover and a mid-foot strike,” adds Mico.

Since you’re juggling three disciplines, it can be tricky to determine how long your long run should be. Mico generally suggests increasing the long run by around 10 percent each week. If you’re new to the sport or are coming back after an extended period of downtime, you may want to increase it by slightly less until you gain fitness.



MATT REED
NATIONAL CHAMPION &
OLYMPIC TRIATHLETE



SOME DEVICES CLAIM TO BUILD MUSCLE, MARC PRO IS ALL ABOUT RECOVERING FAST SO YOU CAN DO MORE WORK.

Proven by some of the toughest competitors in the sport, Marc Pro is a warm up, recovery and conditioning device engineered to restore and improve performance. Kick out the waste, bring in nutrients and blow the roof off the box. Learn Everything at MarcPro.com.



FOR \$32 OFF MARC PRO 6 \$47 OFF MARC PRO PLUS
USE PROMO CODE: TRIATHLER22

MARC  PRO
marcpro.com

SEVEN TIPS FOR A STRONGER RUN

Brian Mackenzie, a strength and conditioning coach and the creator of CrossFit Endurance, shares skills and drills to help athletes run with greater efficiency and speed.

PULL WITH THE HAMSTRING

Consider your form like a piston in an engine—after your foot touches the ground, pull the ankle and foot up with your hamstring. The more compact your form, the more efficient it becomes. Imagine your stride can only be as long as the area in a phone booth.

KEEP YOUR STRIDE QUIET

The less time each foot spends on the ground, the better. Listen to your stride—the quieter it becomes, the less time your ankles have to roll inward and create injuries.



300 ms

DEVELOP A FORWARD LEAN

Lean forward as you run by slightly engaging your core muscles. This will force you to lean from your ankles, not the waist.

MAINTAIN PROPER POSTURE AND POSITION

To promote better posture, keep your head up, eyes focused down the road and core muscles engaged. This will take the load off your knees and place it on your trunk (hips and hamstrings).

Your proper running position can be found by first placing your body weight on the ball of one foot. Slightly bend your knee over your planted foot and hold your ankle below your hip. Hold for one minute on each leg.

PICK UP YOUR CADENCE

Grab a metronome and set it to 90 beats per minute, and your right foot should make contact with the ground on every click. The increased push-offs per minute also increases speed while decreasing over-striding and heel striking.

90 bpm

LAND UNDERNEATH YOUR CENTER OF GRAVITY

Contact the ground with your mid-foot or forefoot directly under your center of gravity. After a few practice runs, your stride will begin to feel like a spinning wheel with relatively no pounding.

BE PATIENT

Your proper form will be developed through practice, so dedicate one day a week to form drills.

quick mobility for runners

Adapt these easy movements into your training three times a week for increased mobility.

Grab a foam roller, massage stick and massage ball, and do each movement for one minute on each side—a timer helps to stay on track.

1 Roll the ball under each foot and find any hot spots that need attention.

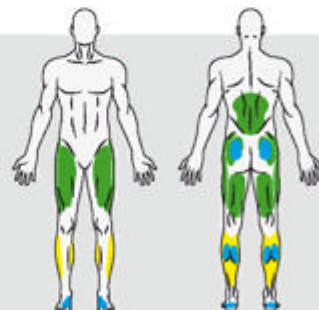
2 Knead out each calf muscle with the massage stick, and feel for any knots. Spend extra time in sensitive areas, and use the massage ball to target specific areas.

3 Roll out the quadriceps muscles by lying face-down on the floor, with the foam roller beneath your thighs.

4 Target the iliotibial (IT) band with the foam roller by rolling from the hip to the knee on the outside of the leg.

5 Spend one minute rolling out each hamstring with the foam roller.

6 Finish off by using the foam roller to roll out your lower back and hips. The massage ball can also be substituted when working out the gluteus muscles.



foam roller massage stick massage ball

find what's next

You've completed your goal - what's next? First off, you need to recover. Whether it's an epic training day, or a major race accomplishment, building recovery into your plan is crucial. Finding that plan is up to you, we can help you find the gear.

www.trisports.com/recover



Unmatched selection • Expert advice • Committed to community

888.293.3934 www.trisports.com



Athlete's Preferred Hotel !

5 YEARS IN A ROW

	September 1-30th'15	October 1-31st'15	November 1-22nd'15	November 23-30th'15
Book by June 30th '15	<i>Ironman 70.3</i>	<i>ITU World Cup</i>	<i>GFNY</i>	<i>Ford Ironman</i>
<i>Sgl</i>	\$ 99.00	\$ 99.00	\$ 99.00	\$ 135.00
<i>Dbl / Tpl / Qdp</i>	\$ 60.00	\$ 60.00	\$ 60.00	\$ 90.00
<i>Kids</i>	\$ 30.00	\$ 30.00	\$ 30.00	\$ 50.00
Racing Date	Sept.20th	Oct. 3rd & 4th	Nov.22nd	Nov. 29th

Ironman's events include: Mechanical Service, Free ground transportation to and from race site for athletes during bike check In and race day Only, Special Designed Menus. Available Training rates all year long, special rates for Camps & Triathlon Groups. Secure running path, 5 minutes bike ride to Downtown, Activities for Athlete's family. Prices per person, per night. All Inclusive (Meals, Unlimited Drinks, Snacks, Activities, Free Wifi, Kids Club and More)


www.hotelcoz.com Follow us : [hotelcoz](https://www.facebook.com/hotelcoz)
rsv@hotelcoz.com



Toll Free USA & Canada : 1 800 437 3923



triathlete

A close-up photograph of a person's hand with pink nail polish gripping a black triathlon handlebar. The handlebar has a silver-colored grip. In the background, the black frame of the bike is visible, with the words "DETROIT DESIGN" printed in white. The background is a dark, textured surface.

Less Searching, More Training.

Our free e-newsletter,
The SBR Report, delivers
the latest on everything
triathlon straight to
your inbox!

Sign up at Triathlete.com/newsletters





THE **BODY** **SHOP**

**FIX YOUR OVERUSE INJURIES—FOR GOOD.
PHYSICAL THERAPIST TO THE PROS
JAY DICHARRY EXPLAINS HOW.**



Ouch, it hurts.

You rest, and it gets better. A few weeks later you kick back into training mode, and that ache rears its ugly head yet again. Does this injury-rest-repeat cycle sound familiar? Smart coaches and athletes understand how to balance the quantity of training volume with respect to injury. However, most overuse injuries in triathlon aren't in fact due to quantity, but rather *quality of quantity*.

Let's examine three patients and see how the problems affecting their performance may be some of the same problems affecting your race-day success.



CASE STUDY 1: **SHOULDER IMPINGEMENT**

Billy is a professional triathlete with pain in the front and top of his shoulders when he tries to swim more than 3000 meters or do strengthening exercises with his arms overhead. He's tried resting, massage and stretching his shoulder with the classic doorway chest stretch (elbow up at 90 degrees to the body while leaning forward) and has yet to see any improvement.

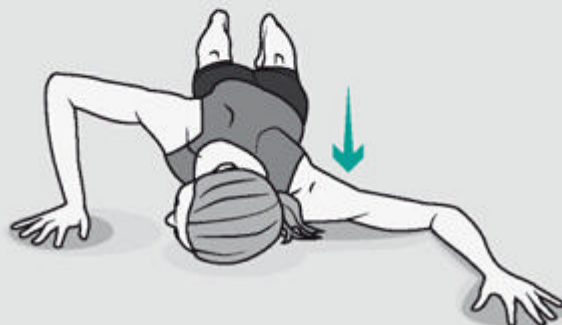
Underlying cause: Both the shoulders and hips are ball-and-socket joints. While the hip is a big ball in a fairly deep socket, the shoulder is better described as a basketball on a dinner plate. Healthy shoulder motion depends on uniform tension of the ligaments and capsule around the shoulder, and precise coordination of the rotator cuff muscles to control the position of the ball within the socket. Slumped shoulder posture impairs your rotator cuff muscles from doing their job by roughly half.

Shoulder impingement is created when tightness of the back-side of the shoulder pushes the "ball" forward. Instead of rolling and gliding, the ball shifts forward and impinges the rotator cuff and the biceps tendon each time the arm moves overhead. The repetitive nature of swimming constantly makes your capsule and internal rotators tighter and tighter, and pulls the shoulder blades into a slumped position. Less space inside the joint means the rotator cuff and biceps tendon get pinched, and your stroke reach in the pool becomes shortened.

FIX IT:

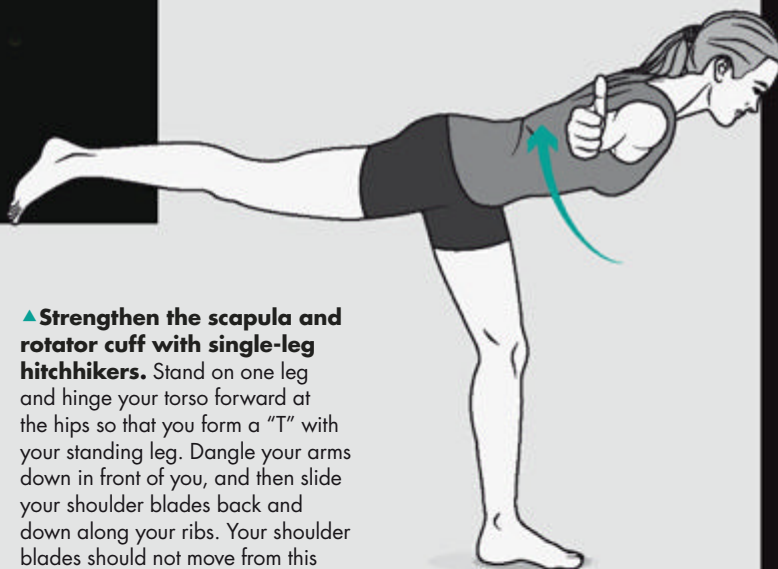
▼ **Open tightness in the chest to stop slumping.**

Lie on your stomach with your left arm out to the side at 90 degrees to the body. Next, gently bend the left elbow about 10–15 degrees. Then place your right hand under the right shoulder, and push so that the right side of the body lifts off of the ground. A stretch should be felt in the front of the left shoulder. Hold for 3 minutes, and every 30 seconds push firmly into the ground with the left hand. When you release the five-second contraction, try to gently increase the stretch in the front of the shoulder. A lot of athletes do the doorway stretch, which I don't recommend. This actually stretches the front of the shoulder and not the muscles in front of the chest, making the imbalances in the shoulder worse, not better.





▲ **Open capsular tightness with the sleeper stretch.** Lie on your side with the arm out 90 degrees (perpendicular) to your body. Bend your elbow so that the forearm is now at 90 degrees to the ground pointing up at the ceiling. Take your opposite hand and rotate the top of the forearm down so that it points towards the feet. Hold for 3 minutes.



▲ **Strengthen the scapula and rotator cuff with single-leg hitchhikers.** Stand on one leg and hinge your torso forward at the hips so that you form a "T" with your standing leg. Dangle your arms down in front of you, and then slide your shoulder blades back and down along your ribs. Your shoulder blades should not move from this position. Now point your thumbs outwards, and raise them up at 90 degrees to your body and then back down. Do two sets of 20 reps on each leg for a total of 80 reps.

TWEAK YOUR STROKE

Instead of pulling your hand beneath you, imagine pulling your body over a fixed hand. When climbing up a ladder, you stabilize or "anchor" your shoulder blade prior to pulling up. This same concept works in the pool. Imagine pulling yourself up the ladder from the catch phase into the scoop phase. You'll notice this automatically creates the right amount of body rotation as your trunk learns to rotate around your "fixed" hand position. A stable shoulder blade will provide a better foundation for the entire shoulder complex.

THE FUTURE OF INJURY PREVENTION

WHAT IF YOU COULD TAKE A TEST TO DETERMINE YOUR NEXT POTENTIAL INJURY—AND HELP YOU AVOID IT AS A RESULT?


Stanford University may be on to just that. A research team has developed a DNA testing program to identify sports injury risks, looking at 300 various markers that could determine risks for 12 different types of sports injuries or nutritional needs.

So far they've worked with around 130 elite athletes (including Olympians and professionals), part of which was a one-year study in 2012 with 14 members of the Stanford triathlon team. Researchers analyzed genotype files to find the potential of low bone mineral density, ACL ruptures, Achilles tendinopathy and more. Their goal was to provide the triathletes with information that could help them change their training routines to prevent those injuries. As a result of the tests, there were 50 percent fewer injuries among those athletes the following year.

Take a stress fracture, a common repetitive-use injury that is a risk for triathletes. There are actually good scientific studies on the genetic basis for getting one, says developmental biology professor Stuart Kim. "There are 63 DNA variants that are informative about your personal risk for stress fracture," he says. "One of our athletes had a high-risk score for stress fracture. She had four stress fractures as a varsity cross-country runner in college. As a triathlete, this athlete used this information to adjust her training volume to emphasize non-impact aerobic exercise, resulting in an injury-free season for the first time in four years."

In the future, Stanford may open the testing to the public to help age-group triathletes prevent future injuries.

—JENÉ SHAW



CASE STUDY 2: *IT BAND PAIN*

Sally is an elite age-grouper who has been plagued with lateral knee pain on the bike after about 20–30 minutes, and while running flat and downhill with no pain on the uphills. She's been using a foam roller a few times a week, but it doesn't seem to be helping.

Underlying cause: The iliotibial or “IT” band is a thick layer of fascial “sausage casing” that wraps around the leg to support the thigh muscles. Pain in the knee from IT band issues can be due to mobility or stability problems. Sometimes, the IT band becomes tightly bound to the underlying quad and hamstring. Friction from the tight “sausage casing” occurs across the outside of the knee, creating inflammation and pain. If a mobility restriction is driving IT band pain, the goal is to improve the glide of the fascia and the underlying muscles. In other cases, deficits in stability are to blame for IT band discomfort. Poor rotational alignment of the hip can wind up the IT band just like wringing out a wet rag. This mechanism then creates the same friction, and pain, across the outside of the knee. These athletes need to improve three-dimensional lower leg control. For some individuals, both issues are at play.

EXAMINE YOUR BIKE FIT

The same mechanism mentioned in the running tips at right applies to cycling. If the knee remains flexed more than 30 degrees throughout the pedal stroke, there is no chance for the IT band to produce friction and resulting pain. Dropping the seat 5–10 millimeters can allow almost complete resolution for individuals with even severe IT band pain on the outside of the knee. Consult with a respected bike fitter to guide this process.

HEED THESE RUNNING TIPS

Work on good rotational alignment of the legs.

One of the primary reasons why your IT band irritates the knee is that “sloppy” hip control allows the leg to rotate too far inward. While running, imagine that your right kneecap is yellow, and that your left one is blue. Your knees should never “cross their beams” to make green.

Avoid prolonged downhills. The IT band frictions across the knee right at 30 degrees of knee bend. When running uphill, the knee never has a chance to fully extend, and thus this contact zone is sometimes avoided all together. This is why running uphill typically doesn't bother people with IT band issues (even when it's quite painful otherwise). So run the uphills and walk the downhills, or get some miles in on the treadmill on an incline.

FIX IT:

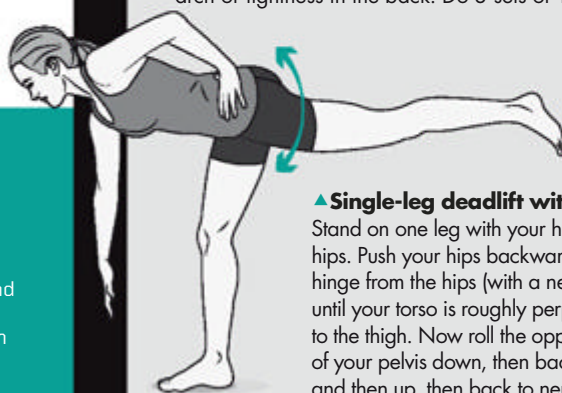
Improve mobility of the IT band. Lie laterally on a foam roller. Roll up and down adjusting the tilt of your body to find the most restricted areas on the lateral, front side and backside of the thigh. Stop over a spot of tightness, and then bend your knee back and forth to mobilize the scar issue between the IT band and the underlying musculature. Do this in various areas on the thigh for 3 to 5 minutes per leg.

Improve rotational stability through the hips.

Try these strengthening moves:



▲ **Rotisserie chicken:** Lie on your back with knees bent and feet flat on the floor, and bridge your hips up so that you maintain a neutral spine. Next, keep one leg in this position and extend the other out at the knee, in line with your body. Rotate the opposite side of the pelvis up, back to center, and then down around an imaginary axis as if you were on a BBQ spit. The key is to ensure that you are rotating from the hips, with no arch or tightness in the back. Do 3 sets of 10 reps.



▲ **Single-leg deadlift with rotation:**

Stand on one leg with your hands on your hips. Push your hips backward so that you hinge from the hips (with a neutral spine) until your torso is roughly perpendicular to the thigh. Now roll the opposite side of your pelvis down, then back to level, and then up, then back to neutral, and push the hips forward to stand tall again. Perform 3 sets of 10 reps.



SUSAN MCNAMEE

AGE: 62 IRONMAN® BOULDER 15:51:34 PLACE: 5TH
BASE PERFORMANCE AMBASSADOR ATHLETE

WHAT ARE YOU MADE OF?

PERFORMANCE NUTRITION FOR THE ATHLETE IN ALL OF US.

Engineered to have everything you need and nothing you don't.

BASE Performance is created by the pros to change the way you train and race.

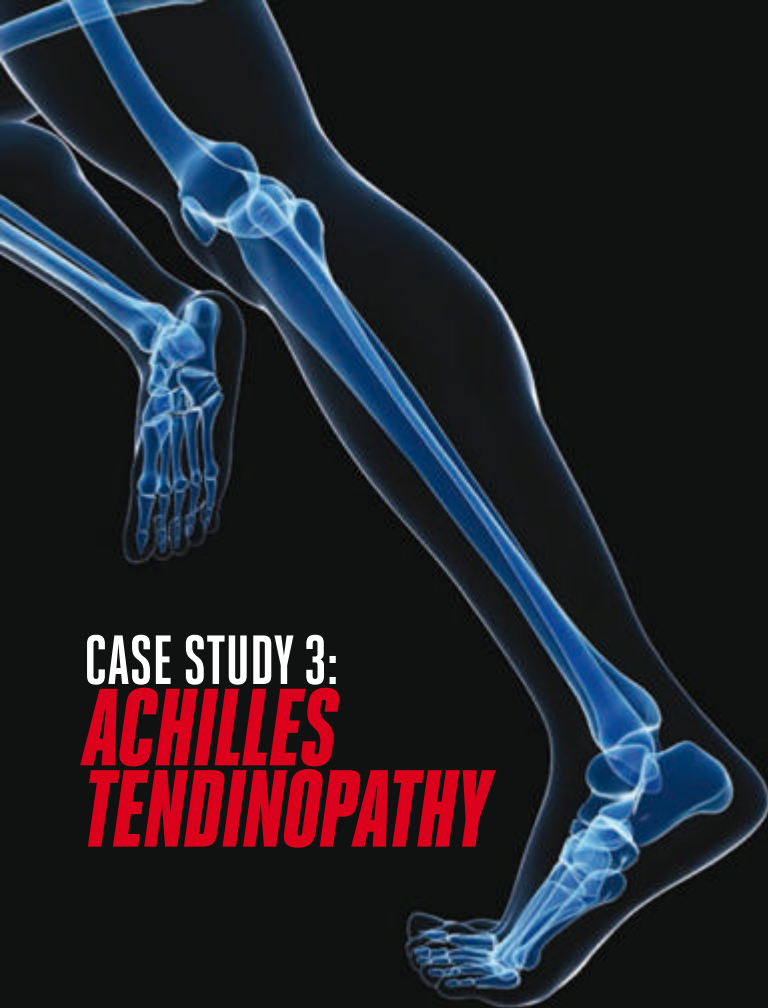
Whether you're a weekend warrior, a tri-veteran, or an age group champion, you are an athlete and we want to be with you every step of the way. In 2015 you will be able to find us on run courses across the country ensuring you have the best possible chance to achieve your goals.

Isn't it time for you to **Build A Better BASE.**



BASEPERFORMANCE.COM

To find out where we will be this season follow us on facebook and twitter or visit us online.



CASE STUDY 3: **ACHILLES TENDINOPATHY**

Jill is a recreational triathlete who's had pain in her Achilles tendon for eight weeks. She's tried stretching with no relief. She also has numerous ankle sprains and is prone to rolling her ankles often in training.

The underlying cause: The Achilles tendon is an elastic structure that connects the calf muscles to the back of the heel. Together, the calf and Achilles serve to “step on the gas” and are not capable of providing any type of lateral or rotational stability to the foot or ankle. Tendon strain is a “length-under-load problem.” Unstable foundations over-lengthen the tendon and make it susceptible to overload. Jill had weak feet, so the very foundation that her Achilles attached to was constantly wobbly. And her history of ankle sprains makes this worse. Normally 85 percent of the stability in the foot comes from the big toe. But athletes who sprain their ankles often develop stiffness in the ankle that prevents “rolling through” the foot and ankle. This shifts the balance point to the outside of the foot, making it even harder to use the big toe for support. Step one is to improve the *glide* inside the ankle joint; stretching won't help and just hurts the front of the ankle. Step two is to improve the real foundation of the foot—the big toe.

Jay Dicharry, M.P.T., S.C.S. is a physical therapist, author, researcher and coach at the REP Lab in Bend, Ore.

FIX IT:

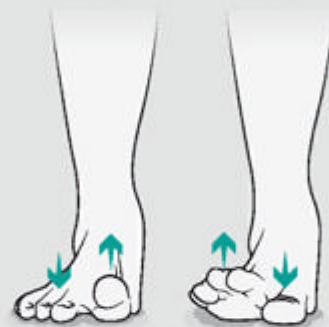
▼ **Work on ankle mobility.** Place a belt around a deck post or something else firm. Stick your leg inside the loop, turn away from the attachment point and slide the belt all the way down so that it's at the very front of your ankle. Then stretch the ankle forward so that you feel significant pressure across the front of the ankle joint. Hold for 3 seconds and relax. Repeat this 12–15 times.



Improve the stability of your foundation.

Integrate these exercises:

Toe yoga. Improve coordination of the muscles inside the foot by learning to alternately raise the big toe while keeping the little toes down and relaxed, and then drive the big toe down while trying to lift the little toes. Resist the tendency to curl the big toe and aim to keep it straight with the motion occurring from the ball of the foot. Practice daily for 4 minutes until it feels easy, then switch this out for the single-leg exercise explained below.



SINGLE-LEG BALANCE

The goal here is to use the new coordination in your big toe to develop a “tripod” in the forefoot. Imagine a triangle between the end of the big toe, the inside ball of the foot and the outside ball of the foot. Once you get the foot working correctly, you can challenge this in a number of ways. Try eyes open and closed, throwing a tennis ball against a wall, standing on a Bosu ball, and even doing side-to-side twists. Aim for 30–60 seconds of single-leg balancing done 10–20 times a day.

TRANSAMERICA®

CHICAGO™

TRIATHLON

08.30.15
Urban Triathlon,
Redefined.

In 2014, everything changed. The Transamerica Chicago Triathlon introduced a new bike course, a new start sequence, flexible Transition entry, optional Saturday bike racking and a reduced field. For 33 years, this is where the world comes to race.

CHICAGOTRIATHLON.COM

TRANSAMERICA

ECLIF

SHOT

Panasonic

volley

live
grit

Whisper

FLEET FEET

ATHLETICO

Hilton

triathlete

TEAM IN
TRAINING

STAGES

ENDURANCE

LIFETIME
THE HEALTHY WAY OF LIFE COMPANY™



COMING CLEAN

TRIATHLON'S GOVERNING
BODIES ARE CRACKING DOWN ON
DOPERS IN YOUR AGE GROUP.

BY SUSAN LACKE
ILLUSTRATIONS BY OLIVER BAKER



As participation numbers in multisport events grow, so do the number of age-group athletes who break the rules. According to a 2013 study published in the journal *PLOS One*, as many as 1 in 7 Ironman athletes admit to using an illicit substance to gain a competitive advantage over their peers.

Some just puff on their son's asthma inhaler before jumping into the water; others down a couple of Sudafed pills in T2 of an Ironman. The number of testosterone prescriptions have more than tripled in the last decade—simply find a sympathetic doctor and murmur generic symptoms of low energy and decreased sex drive.

In recent years, triathlon's governing bodies have made a concerted effort to eliminate the incidence of doping in both professional and age-group fields through increased education, testing and punishment.

"We know that the win-at-all-costs mentality affects all levels of sport," says Annie Skinner of the United States Anti-Doping Agency (USADA). "It is our goal to ensure a level playing field for athletes at all levels of competition, and many age-level athletes have expressed their desire to have a testing program in place to protect their rights."

BEYOND FAIRNESS

Though many of the anti-doping rules are in place to maintain the integrity of the sport, they're also a way to keep athletes safe, says Skinner: "In addition to being a serious violation of the rules of sport, the use of these drugs or methods can be very dangerous."

IS IT LEGAL?

It is the athlete's responsibility to check the prohibited status of any medication or supplement he or she might take. USADA has created an easy-to-use resource at Globaldro.org, a mobile-enabled website that allows athletes to search the status of their medication.



Take prednisone, for example. This powerful anti-inflammatory is often prescribed to athletes experiencing the “taper flu,” or sinus infections and bronchitis in the weeks leading up to a major race due to a weakened immune system. Though prednisone does a great job of tamping down a cough, medical research has shown it also inhibits the body's ability to regulate hydration, blood pressure, protein use, blood sugar and muscle breakdown during exercise. Taking prednisone during a race, especially a long-distance race, could lead to serious—even life-threatening—medical problems.

The same is true for testosterone supplementation, which doubles the risk of heart attack in men, and Sudafed, which can cause cardiac arrhythmias.

WHO GETS TESTED?

Anyone who is a member of a national governing body, such as USA Triathlon, or who competes in an event sanctioned by a World Anti-Doping Agency (WADA) signatory, including Ironman, may be tested either in competition or out of competition for any substance on the WADA's prohibited list.

During a race, the number of age-group

athletes selected for testing can vary depending on the sport, level of competition and number of athletes participating. The anti-doping team works with the event organizer and the appropriate national governing body to determine the distribution of testing. Commonly, age-group fields utilize a “top three and random” strategy, where all podium finishers are automatically tested, followed by randomly selected athletes (5th, 7th, 12th, 18th and 19th for example).

Out-of-competition testing, where officials randomly appear at an athlete's home, hotel or training facility, is more likely to take place within the professional field. However, several age-group athletes have answered the door to find an anti-doping official standing on their front porch.

“Given our limited resources, the majority of our out-of-competition testing is focused on the elite athletes in our registered testing pool,” Skinner says, “but we can and do test age-level athletes out of competition where appropriate.”

CRACKING DOWN

Beginning January 2015, athletes found guilty of doping violations are subject to harsher penalties than previous years.

“There are a number of significant

WHAT DOES USADA TEST FOR?

Anabolic agents: androgenic steroids, clenbuterol

Peptide hormones and growth factors: EPO, growth hormone

Beta-2 agonists: beyond therapeutic levels of inhaled salbutamol, formoterol, salmeterol

Hormone and metabolic modulators: insulin, estrogen receptor modulators

Diuretics and masking agents

Manipulation of blood and blood components: IV fluids, red blood cell products

In-competition only

Stimulants: ephedrine, epinephrine and pseudoephedrine

Narcotics: many prescription painkillers, including fentanyl and oxycodone

Cannabinoids: marijuana, hashish and synthetic varieties (e.g., “spice”)

Glucocorticoids: prescription steroids such as prednisone and aldosterone

For a complete list of drugs and dosages, visit Wada.org.



changes which we expect to support the anti-doping community in its aim to protect the rights of clean athletes,” says Ben Nichols, a representative of WADA. Notable changes include a four-year ban from competition for a first offense for the presence, use, attempted use or possession of a prohibited substance. Prior to 2015, the ban was two years.

To protect athletes from suppliers and bad influences, WADA implemented a new “prohibited association” rule, making it illegal for an athlete to associate in a sport-related capacity with athlete support personnel (such as coaches, doctors or trainers) who are ineligible or have been convicted of a doping-related offense in the previous six years.

Though triathlon is certainly stepping up drug enforcement and penalties, all anti-doping agencies emphasize the responsibility of the athletes themselves to know and understand their rights and responsibilities. By increasing education efforts and providing a wealth of resources for athletes to cross-check medications and supplements for safety and compliance, these agencies hope to provide a safe race-day experience and level playing field for all triathletes. ■

THE CLEAN CRUSADERS

These pros demand clean sport—and aren't shy about sharing why.

Jodie Swallow

“Sporting prowess, talent and excellence can straddle class, race, religion and age. When drugs and cheating are involved, the opportunity for all is vastly diminished. No longer the most talented, most hard-working or most deserving competitor wins—sport becomes a battle of the chemists. Science prizes are valid but not in the masquerade of sport. Doping steals from clean athletes, from fans and from the development of sport.”

Helle Frederiksen

“Those individuals who choose to take performance-enhancing drugs more often than not deny the progression of legitimate individuals and destroy their ability to be successful. There is no respect given to sport, competitors, the ethics of sport or their position as role models.”

Timothy O'Donnell

“I believe serious doping violations, such as consciously taking EPO, HGH or testosterone for a performance edge, should result in lifetime bans. Racing is in no way a right; it is a privilege. If you abuse that privilege, why should you get it back? In my opinion, once someone has doped at that level, the benefits they received, the efforts and workouts they were able to do can't be undone.”

MORE HOPE FOR CLEAN SPORT

A new organization called Clean Protocol is taking a different approach to anti-doping. Instead of creating a new way to drug test, it focuses on the causes of doping in the first place. By encouraging athletes to proactively show that they're clean—using a series of research- and technology-based tests—they're hoping for a social change that can preserve fair sport.

“There are organizations around the world and an official system for catching cheats,” says founder Teague Czislawski. “We realized we can complement that by tackling it from the other side and letting the athletes really drive that process.”

“The substance in somebody's body? That's not the problem. That's a symptom of the problem,” says sports scientist Dr. Michael Puchowicz, Clean Protocol's head of science. “So the rethink is well, why are we chasing these symptoms? Is that actually doing anything? We're flipping that over and looking at the root cause.”

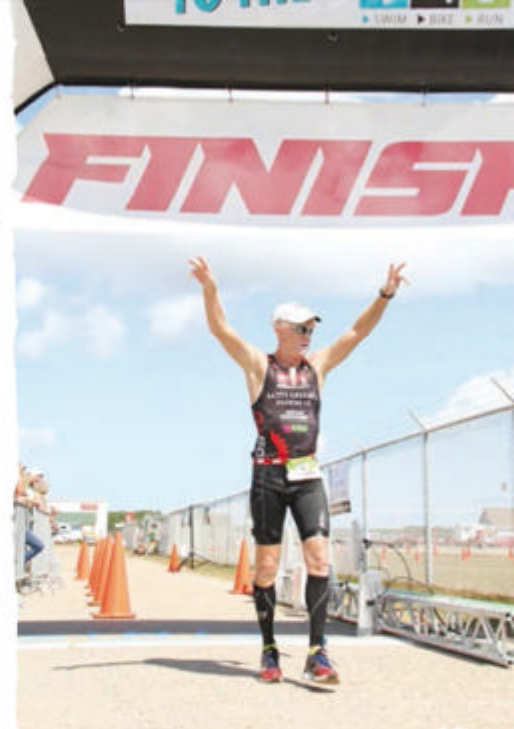
Clean Protocol's process is five steps. It looks at a variety of factors that show if an athlete is “at risk” for becoming a doper—everything from current use of supplements to who is in his or her athletic entourage (coaches, mentors, etc.). It also uses psychometric measures to gather data about doping attitudes and, most interestingly, an ocular motor deception test that asks more than 300 questions while monitoring the eyes' reactions using a \$9,000 camera.

If an athlete passes, he or she will receive a Clean Protocol certificate. Last year in Kona, many top pros, including Luke McKenzie, T.J. Tollakson, James Gunnama and Jodie Swallow, all took and passed the test.

“I've been a professional athlete most of my adult life, but when people find out that I competed at a high level, they ask, ‘Oh what were you on?’ That's a serious problem,” says Andrew Johns, a two-time Olympian who serves as an athlete liaison. “The big thing is there's nothing for a clean athlete to say, ‘Hey I'm clean.’ This is that voice and mechanism to do that.”

Going forward, Clean Protocol is working on gaining buy-in from athletes and race organizers to make its certificate a sport-wide standard. Go to Cleanprotocol.org to learn more.

—JENÉ SHAW



SAGA outer banks triathlon festival

SEPTEMBER 12&13, 2015

outerbankstriathlon.com

SPRINT

750M | 13.5MI | 5K

OLYMPIC

1500M | 24.5MI | 10K

HALF

1.2MI | 56MI | 13.1MI

CHANCE OF SELL OUT IS HIGH!

REGISTER NOW!

USAT Sanctioned Event



MEDALS ► AWARDS ► FOOD ► BEER

 **OUTER BANKS
SPORTING EVENTS**
www.obxse.org



The Outer Banks®
VISITORS BUREAU

SUMMER RUN SHOE REVIEW



CHASE A
NEW PR IN THE
SEASON'S
new styles

BY BRIAN METZLER

Photographs by John David Becker



SAUCONY ZEALOT ISO

\$130, Saucony.com

Amazingly light and peppy for such a well-cushioned shoe, the Zealot features a two-layer, almost-maximalist foam midsole and plush interior that combine to serve up a buttery-soft ride and seamless heel-to-toe gait cycle. Saucony's new ISOfit—an integrated mid-foot saddle and lacing system—locks down the mid-foot and creates an adaptive, near-custom fit. Our wear-testers reported an energetic sensation, and the low-profile heel facilitated quick stride turnover, making it ideal for everything from long runs to tempo efforts. **Heel-toe offset: 4mm**

NIKE LUNAR TEMPO

\$110, Nike.com

This super-light trainer (6.8 ounces for men's; 5.9 ounces for women's) offers enough cushioning and protection for long runs in a svelte package that's agile enough to run interval workouts on the track. It's built on a thick layer of Nike's Lunarlon midsole cushioning, but our wear-testers found it infinitely flexible and yet still fairly low to the ground in the forefoot for quick-cadence running. The stretchy engineered mesh upper and the Flywire cords adapt to all foot shapes to provide a secure, performance-oriented fit.

Heel-toe offset: 8mm

ZOOT DEL MAR

\$140, Zootsports.com

Zoot has expanded its line of race-ready tri shoes to include everyday trainers. The Del Mar's premium two-layer midsole produces a soft (but not mushy) shock absorption and a good amount of responsiveness too, making it an ideal shoe for long training runs to slow recovery sessions. A secure heel cup, subtle upper overlays and an effective lacing system offer a cohesive fit throughout. Our wear-testers loved the interior of this shoe, both for its seam-free comfort and its snugged-down connectivity to the ground.

Heel-toe offset: 8mm

aquaman.

Aquaman ADN



Yamamoto SCS # 39 on shoulders, arms, neck and torso. Smoothskin neoprene on the upper legs, rear and back.

Thickness: Shoulders 1.5mm, Body 4.5 mm
Price: \$ 319.99

Aquaman Bionik



Yamamoto SCS# 40 on shoulders, arms and neck.

Yamamoto SCS # 39 on the body.

Thickness: Shoulders 1.5 mm, Body 4.5 mm
Price: \$ 489.99

Aquaman Cell Gold



Yamamoto SCS # 40 inside and outside .

Thickness: Shoulders 1.5 mm, Body 4.5 mm
Price: \$ 649.99

Aquaman Bionik Sleeveless



Yamamoto SCS # 39 on the body

Thickness: 4.5 mm
Price: \$ 269.99

Aquaman ART



Yamamoto SCS# 40 on shoulders , arms and neck.

Yamamoto SCS Compress dome on the torso and # 39 on the body.

Thickness: Shoulders 1.5mm, Body 4.5mm
Price: \$ 649.99

For more info please visit

WWW.AQUAMANTRI.COM ~ INFO@AQUAMANTRI.COM

or call

269.279.9915



ASICS GT-2000-3

\$120, Asicsamerica.com

One of the most popular running shoes ever made, the 2000 has been reborn into a lighter, more agile incarnation without losing its much-loved stability. The reduced weight comes from a reconfigured midsole which incorporates super-light and very dynamic foam materials. Our testers loved this shoe's fit, responsiveness and dependable support as a workhorse trainer. Although it lacks the agility to run fast for extended periods of time, the lighter makeup was noticeable and appreciated by our wear-testers.

Heel-toe offset: 10mm

SKECHERS GORUN STRADA

\$130, Skechers.com

Skechers has primarily made lightweight, minimally constructed shoes since getting into the performance running sector five years ago, but the Strada bucks that trend with steadfast support and stability in this smooth-riding long-distance trainer. The stability comes from reinforced foam "pillars" in the midsole/outsole that cradle the foot as it rolls through from footstrike to toe-off. Despite the exceptional support, our wear-testers felt that it encouraged an efficient stride and quicker-cadence running.

Heel-toe offset: 8mm

BROOKS RAVENNA 6

\$110, Brooksrunning.com

This reliable stability trainer has a soft, bouncy, responsive and seamless ride, making it an ideal pick for long weekend runs as well as longer road racing applications. Significant changes to the upper—lighter, sleeker forefoot support overlays and new arch-locking saddle support bands—have improved the fit, breathability and comfort over the previous edition. A reinforced midsole, segmented heel crash pad and deep flex grooves create a very stable ride with a bit of charismatic flow more typical of a neutral shoe.

Heel-toe offset: 10mm

IMPROVE RACE TIME. FEEL INDESTRUCTIBLE.



"I take Lurosil to help reduce the dull aching in my knees after a long day of cycling. The benefits are pretty amazing!"

"I take Corduzin for marathon training and general well being and it works great! It makes me feel like I'm running harder for longer periods of time."

Triathletes have discovered a potent supplement combo to help them race fast and feel great afterwards.* **Corduzin** puts your **stamina and energy levels through the roof!*** **Lurosil** decreases any **soreness, stiffness, and swelling** you might feel after a race.*

Corduzin provides scientifically validated nutrition to help you use fuel and oxygen more efficiently, allowing you to go longer on less calories, with more intensity and less fatigue.

Corduzin has 82 mg of fenugreek 4:1 to help slow the absorption of sugars in the stomach so you can burn energy at a slower rate. This effect increases endurance and allows you to exercise longer per calorie consumed.

Corduzin has 80 mg of hawthorn berry which helps widen the blood vessels and improve the amount of blood pumped out of the heart during contractions. This delivers more oxygen and red blood cells to your muscles and provides profound improvements in stamina.

Corduzin also incorporates 200 mg of alpha-lipoic acid and 110 mg of CoQ10 and 80 mg green tea extract. These strength inducing ingredients help the body make energy and the caffeine in

green tea helps stimulate nerve cells, **giving you a jolt of freshness and alertness!***

It's a known fact that **Olympian** marathoners from **Kenya** and **Ethiopia** train at abnormally **high altitude**. The thin air allows them to **utilize oxygen** more efficiently. Their athletic prowess is like a bizarre, yet lucky, freak of nature!

Corduzin gives your body the vitamins and minerals it needs to **keep your heart and lungs healthy and utilizing oxygen as efficiently as possible**. Add it to your regimen and you may see a difference in just a few weeks.

What if you could climb up mountains and race down them with springy, cushy, shock absorbent knees? A supplement called **Lurosil Advanced** can help you address the nagging discomfort that many triathletes feel in their knees.

Lurosil Advanced is a joint health supplement designed to help with **soreness, stiffness, and swelling** in the joints.* It was developed in Whistler, British Columbia by a skier who was tired of sore knees.

High impact and repetitive activities like running and cycling can cause inflammation and discomfort in the knees, hips,

and ankles. **Lurosil Advanced** works to help **reduce the inflammation and ease the discomfort**.*

Lurosil Advanced also provides **key components of cartilage**.* Cartilage works as a shock absorber in the joints. Wear and tear from intense physical exercise can make cartilage get thinner and break down as we age, which leads to deterioration and grinding and popping in the joints.

Lurosil Advanced is great for your knees (and all your other joints), especially if you are a triathlete.



Try **Lurosil Advanced** and **Corduzin** together and save 20% when compared to buying each supplement individually. The products are distributed by **PacHealth** and are available at the following web-sites:

Corduzin.com **Lurosil.com**
PacHealth.com **Amazon.com**

If you have questions or would prefer ordering from a live person then call **PacHealth** toll-free at **855.820.4060**.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

© 2015 Pacific Health, Inc. PacHealth.com



NEW BALANCE FRESH FOAM ZANTE

\$100, Newbalance.com

The Zante is a lightweight, flexible performance-oriented trainer that offers enough cushioning for high-mileage training, but it's also suitable for faster workouts and racing. New Balance engineered the foam undercarriage with an optimal balance between cushioning and stability, then added toe spring to further encourage quick-cadence running. If you're looking for versatility in a shoe, our wear-testers raved about the Zante as a remarkable do-everything option.

Heel-toe offset: 6mm

ALTRA 3-SUM 1.5

\$130, Altrarunning.com

A lightweight race-day shoe with elastic laces, the 3-Sum encourages an efficient stride with a zero-drop (or flat) platform and superior proprioceptive "feel" for the ground. It has just enough cushioning under foot to provide ample protection and comfort, plus it has a breathable and quick-drying airy mesh upper and a seamless interior. Drain holes in the undercarriage keep it light amid aid-station sloshing, while a slightly wider forefoot allows toes to effectively splay without sacrificing on performance.

Heel-toe offset: 0mm

NEWTON DISTANCE IV

\$155, Newtonrunning.com

One of the mainstays in the Newton Running line, the updated version of this flyweight trainer/racer serves up improved flexibility and a more locked-down fit. As with most Newton shoes, it now features the new five-lug Action/Reaction Technology, which, aside from creating a slightly wider, more balanced base, also returns more energy through a very resilient membrane. Similar to most Newton Running models, it's definitely a shoe intended for an efficient, mid-foot/forefoot gait.

Heel-toe offset: 2mm

RACE LACES

Make your favorite run shoes ready to slip on in T2.

BY BETHANY MAVIS



Slick Laces

(\$14.95, Onyourlefttracing.com)

Created specifically for triathletes and sold in several colors, these laces are simple to install on any run shoe in a variety of ways to allow for larger shoes and to keep the cinching well distributed across the top of the foot. You can start the lacing anywhere on the shoe, and a disc is attached to one end—it employs a clever yet effective locking mechanism.



Lock Laces

(\$7.99, Locklaces.com)

These elastic laces are simple to use and include a durable, easily adjustable cord lock that keeps them snug. They come in one size and can be trimmed to fit any shoe (and include a cord tip clip to prevent fraying), but note that transferring them to a different shoe may be difficult.



Speedlaces iBungee Stretch Laces

(\$5.95, Speedlaces.com)

Secure your shoe with a single pull using these elastic laces. They easily thread like normal laces and are then cinched with a high-quality cord lock to secure your fit (and easily adjust tension). Pair them with the ingenious Zero Friction Fittings (\$5.95), which attach to the shoe's eyelets, and the laces slide effortlessly.



Disclts No Tie Performance Laces

(\$7.95, Disclts.com)

During installation (which was more complicated than with other laces), you push the elastic laces through a disc, trim and knot them. Once in place, they keep the fit secure, and there's no excess lacing bouncing around; however, cutting them means you can't swap them between shoes.



THE NORTH FACE ULTRA TR II
\$110, Thenorthface.com

This versatile, ground-gripping trail fiend has been updated with a new lighter, ripstop upper inspired by the fit, feel and look of cross-country running spikes. Its multi-lugged Vibram rubber outsole offers reliable traction and smooth ground conveyance on all types of terrain, from flat dirt paths to extremely rocky routes. Our testers liked this shoe for its traction, low-to-the-ground ride and slightly wider fit in the toe box.

Heel-toe offset: 8mm

MONTRAIL FLUIDFLEX ST
\$95, Montrail.com

This light, flexible and low-to-the-ground trail runner has been updated to offer a bit more support and protection than the original version. It's still very quick and agile, but it's more versatile and has a more snugged-down fit to keep the foot from sloshing around. A two-layer toe bumper and a forefoot rock plate make this shoe much more apt for semi-technical terrain without sacrificing the supple and energetic ride, ample but not overwhelming cushioning and a distinct feel for the trail beneath your feet.

Heel-toe offset: 4mm

HOKA ONE ONE CHALLENGER ATR
\$130, Hokaoneone.com

An off-road version of Hoka's lightweight and energetic Clifton model, the Challenger is fairly nimble and quite stable for such a well-cushioned trail shoe. While it doesn't offer the proprioceptive "feel" for the trail like lower-to-the-ground models, our wear-testers appreciated the significant protection and cushioning without it feeling clunky. The Challenger has a "rockered" profile that produces a smooth, rolling sensation no matter how or where the shoe strikes the ground.

Heel-toe offset: 5mm



Great Lakes

100 MILE TRIATHLON Lake Ontario

100 MILES OF TORTUROUS Bliss

4th Annual

NEW FOR 2015 - 50 MILE TRI & DU OPTION!



- 1 mile rough water swim in Lake Ontario
- 84 mile bike through the Niagara wine region
- 15 mile run along the lake shore


Lake Ontario, USA
Western New York State
September 26, 2015

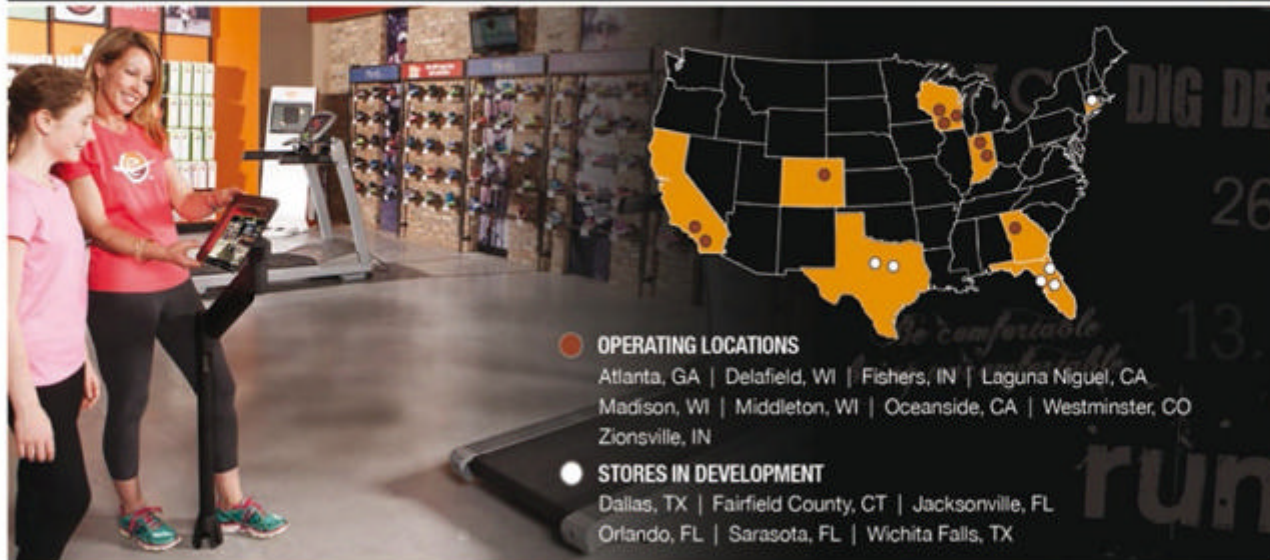
All finishers receive a custom 100 Mile Finisher medal and one hell of a finish line party.



Join our mailing list to win an
XTRERRA WETSUIT
XTRERRA Wetsuit! www.100MileTri.com

OWN YOUR PASSION

 EnduranceHouse®



OPERATING LOCATIONS
Atlanta, GA | Delafield, WI | Fishers, IN | Laguna Niguel, CA
Madison, WI | Middleton, WI | Oceanside, CA | Westminster, CO
Zionsville, IN

STORES IN DEVELOPMENT
Dallas, TX | Fairfield County, CT | Jacksonville, FL
Orlando, FL | Sarasota, FL | Wichita Falls, TX

www.endurancehouse.com (443) 791.9700

Franchises now available for qualified candidates.

CITY BIKES

IRONMAN[®] 70.3[®] Miami

presented by:

FIT2RUN
THE RUNNER'S SUPERSTORE

SUNDAY, OCTOBER 25TH, 2015

**DON'T WAIT TO
HEAR THE WORDS
SOLD OUT**

REGISTER NOW

WWW.IRONMANMIAMI.COM

CITY BIKES

On the NOW
ORTHOPEDIC URGENT CARE

Michael's
ULTRA

Produced by



MIAMI TRI-SPORTS

COMPRESPORT
EXERCISE EQUIPMENT

UnitedHealthcare

FIT2RUN
THE RUNNER'S SUPERSTORE

XTRERA
boards



FIRST CLASS

ACCEL GEL
KNOX ENERGY GEL

MIAMI DDA
DEVELOPMENT & DESIGN AUTHORITY

2 SURGE
Ultra Energy Gel



IN THE BAG

Nutrition brands are utilizing resealable pouches to deliver natural, quick energy to athletes before or during workouts.

BY BETHANY LEACH MAVIS

CLIF ORGANIC ENERGY FOOD

A collaboration between CLIF and ultrarunner Scott Jurek produced this organic, gluten-free product, designed to provide quick energy and be digested easily. It comes in four flavors—the two fruit flavors (banana beet with ginger and banana mango with coconut) come in 3.17-ounce packages and are a way to quickly consume 100–110 calories and 17–23 grams of carbs plus sodium and potassium. The two savory flavors (pizza Margherita and sweet potato with sea salt), which come in 4.23-ounce pouches, are best for longer workouts (such as ultraruns or long rides) to fight flavor fatigue, when you're sick of sweet and are craving something salty. Of the two savory flavors, the pizza was the taste-test winner, with its simple ingredient list that includes tomato purée, quinoa, oregano and basil. Each pizza pouch contains 160 calories, 17 grams of carbs, 5 grams of protein, 600 milligrams of sodium and 890 milligrams of potassium, plus vitamin A. \$2.29 (fruit flavors), \$2.99 (savory flavors), Clifbar.com

MUNK PACK OATMEAL FRUIT SQUEEZE

Available in three tasty flavors (apple quinoa cinnamon, blueberry acai flax and raspberry coconut), these non-GMO squeeze packs were lauded by testers for the slightly heartier texture, thanks to the gluten-free oatmeal and other whole grains. The tester favorite was the apple flavor, which tasted just like apple pie filling. Though these packs aren't specifically designed for workouts (fewer electrolytes than the other two products in this roundup), they do make a great one-handed breakfast on race morning or on the way to an early-morning ride. In each 4.2-ounce BPA-free pouch of the apple flavor are 80 calories, 17 grams of carbs, 2 grams of protein, 75 milligrams of potassium and 360 milligrams of omega-3s. \$2.50, Munkpack.com

POWERBAR PERFORMANCE ENERGY BLENDS

Testers enjoyed the flavors of these fruit-based packs, which are on the more natural side of the PowerBar product spectrum. Available in four options (the collective favorite was apple mango strawberry), they're designed to be eaten before or during workouts. The apple flavor, which tastes a lot like applesauce, is easy to swallow, thanks to its thinner consistency. With 21 grams of carbs, it would hit the spot on a long ride as a more natural alternative to energy gel, though at 3.17 ounces, it has a higher volume for its 80 calories. The apple mango flavor also contains 60 milligrams of potassium and a large dose of vitamin C. \$2.79, Powerbar.com

Four ways to use ...

EGGPLANT

Finding foods that help keep you full, while maintaining race weight, can often be challenging. Eggplant is loaded with fiber and low in calories (only 20 calories per cup), making it a great vegetable to help achieve this goal. It is also high in vitamin B1, which promotes healthy brain function and a positive mood, as well as copper, which is beneficial for tissue repair. Incorporate this versatile veggie into your diet with these four recipes. **BY JESSICA CERRA**



◀ FARRO AND TURKEY SAUSAGE-STUFFED EGGPLANT

Eggplant is the perfect vessel for stuffing, and the preparation is quick and easy. Use your favorite pepper or mushroom stuffing or try this inventive, flavorful recipe.

Preheat oven to 375 degrees and prepare a large baking dish with foil or parchment paper and non-stick cooking spray. Cut two small eggplants in half lengthwise, and use a paring knife to separate the soft flesh from the skin. Scoop the flesh out, and discard (or save to add extra to the eggplant dip recipe, at right). Heat a large sauté pan over medium-high heat. Remove 2 turkey sausages from the casing and break apart in the pan with a wooden spoon, sautéing for 8 minutes, until golden. Add finely diced half yellow onion, 1 tablespoon olive oil, ½ teaspoon salt and pepper, and sauté another 5 minutes. Turn heat down to medium, and add 4 cups finely chopped kale leaves and 1 cup white wine, and sauté until kale is wilted and wine cooks down. Add ¼ cup balsamic vinegar and cook another 1–2 minutes. Toss this mixture with 1½ cups cooked farro*. Place eggplant shells into baking dish and divide mixture evenly into the shells. Bake for 30 minutes, until the eggplant shells are soft.

**Note: Rice, quinoa, barley, couscous, etc. can be substituted for farro.*

▲ ROASTED EGGPLANT DIP

Roasting eggplant brings out its robust flavors and creamy texture, making it the ideal dip ingredient. Fresh veggies and grilled pita are great for dipping, but try mixing it up by roasting or grilling veggies like cauliflower, carrots and zucchini. Preheat oven to 425 degrees and prepare two large sheet pans with foil and nonstick cooking spray. Dice 1 large eggplant, 1 red bell pepper, 1 yellow bell pepper and 1 red onion. Divide evenly on the two sheet pans, adding 2 cloves of garlic to each pan. Toss each pan of veggies with 2 tablespoons olive oil, 1 teaspoon sea salt, and ½ teaspoon fresh cracked pepper. Place pans in oven and roast for about 30 minutes, until the veggies are soft and golden brown. Transfer the veggies to a food processor, and let cool 15 minutes. Add 1 tablespoon tomato paste and purée until smooth. Season with salt and pepper, if needed. Serve warm, or store in airtight container in fridge for up to one week.



Jessica Cerra is the owner of Fit Food by Jess, a private chef and catering company in Encinitas, Calif., and the co-founder of Harmony Bar. A former professional XTERRA triathlete, Cerra now races for Twenty16 Women's Professional Cycling Team.



▼ EGGPLANT HASH WITH SOFT BAKED EGGS

Often overlooked as a breakfast item, eggplant is a tasty addition to eggs and makes a good substitution for bread or potatoes. Try making a lighter version of one-eyed toast with eggplant instead of bread. Or use eggplant instead of potatoes in this ratatouille-inspired hash recipe.

Preheat oven to 400 degrees and prepare a large baking sheet with foil and non-stick cooking spray. Dice 1 large eggplant, layer evenly on the baking sheet with 2 cups diced broccoli florets, and toss with olive oil, salt and pepper. Bake for 20–25 minutes, until eggplant is soft and golden. In the meantime, sauté half of a diced red onion in 1 tablespoon olive oil for 5 minutes

over medium-high heat in a large skillet. Add 1 diced yellow squash, 1 diced zucchini, and 2 diced carrots, and sauté another 5–8 minutes, until golden. Toss in ½ tablespoon (each) finely minced garlic and ginger, 1 teaspoon (each) freshly chopped thyme and dried basil, and sauté 1 minute longer. Remove from heat and stir in 1 cup prepared **masala simmer sauce**. Combine the eggplant and broccoli with this mixture and pour into a 9x11-inch baking dish, prepared with non-stick cooking spray. Make 4 large wells in the mixture and gently crack an egg into each well. Bake until the egg starts to set, so the white is cooked through but the yolk remains soft. Remove from oven and serve with fresh chopped **cilantro** as garnish.

▲ GRILLED EGGPLANT CAPRESE

Take traditional caprese up a notch. The key to grilling eggplant is to cut extra thick pieces because they will lose water and shrink on the grill. Cut 2 large eggplants widthwise, into thick (about ½-inch) pieces. Toss with olive oil, salt and pepper, and grill on medium high about 90 seconds per side, until each side is charred lightly. Assemble caprese by alternatively layering grilled eggplant with fresh-cut tomatoes (or try roasting tomato slices) and slices of fresh **mozzarella cheese**. Sprinkle with sea salt and freshly cracked pepper, and drizzle with a small amount of **extra virgin olive oil** and **balsamic vinegar** (or balsamic glaze if available). Scatter freshly sliced **basil** leaves over the top. Store extra eggplant slices in the fridge.

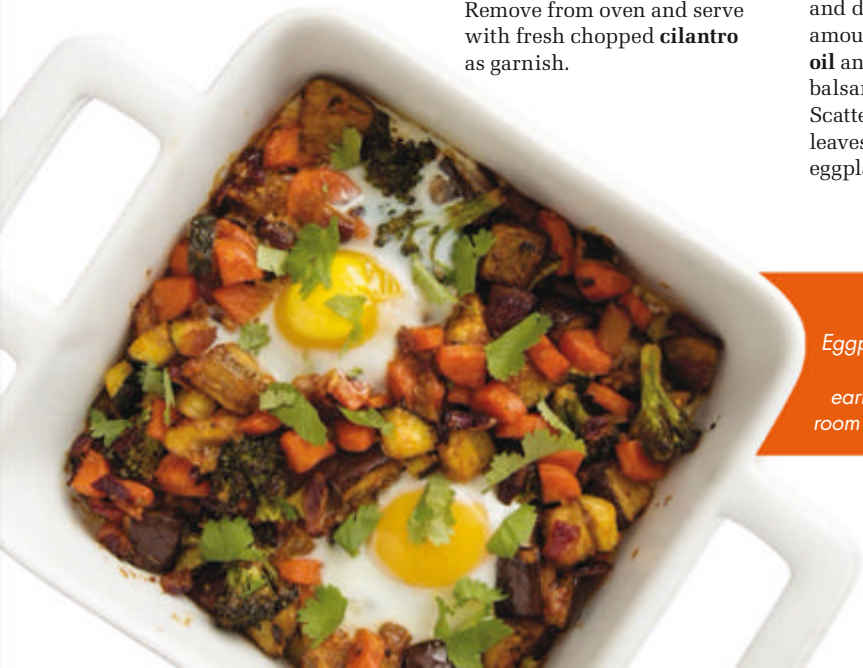
EGGPLANT BASICS

Eggplant, also called aubergine, is at its peak late spring to early autumn. Store eggplant at room temperature (not the fridge).



The tempered glass **Lifeactory Food Storage** containers, available in three sizes (\$15–\$20, Lifeactory.com), easily transition from oven to fridge (or freezer) to microwave to dishwasher without any worry of plastic taste (or toxins) affecting your food. A colorful silicone sleeve enwraps each container, which makes them a little sturdier than similar products, and the BPA-free lid securely attaches using button tabs. The 1 cup size is perfect for stashing a handful of berries, the 2 cup holds a small salad or hummus and veggies, and you can bring your lunch to work in the 4 cup size. Lifeactory also makes glass bottles in a variety of sizes.

—BETHANY LEACH MAVIS



PROTEIN PRIMER

Your questions about this essential macronutrient, answered **BY LAUREN ANTONUCCI, R.D.**

I HAVE RECEIVED SEVERAL READER

questions regarding protein—optimal daily intake, best sources, timing, etc.—so I’m taking this chance to tell you everything an athlete needs to know about protein.

First the basics: Proteins are nitrogen-containing foods that contain different combinations of 20 amino acids. Eight of those amino acids are considered essential, meaning that our bodies cannot make them and we therefore need to consume them in foods on a regular basis. Protein intake is critical for muscle repair and synthesis as well as production of hormones, enzymes and hemoglobin, and contributes greatly to satiety (feeling of fullness) and immune function.

A triathlete’s daily protein needs are higher than the USDA’s recommendation of 0.8 grams per kilogram per day. Most of us likely need 1.2–1.6 grams of protein per kilogram per day. This equals 65–83 grams for a 120-pound triathlete and 87–116 grams for a 160-pound triathlete. Inadequate total protein intake could lead to muscle breakdown, poor re-

covery, increased injury rate and compromised immune function.

Pre-workout intake of protein can help spare muscle glycogen during exercise. Aim for 8–20 grams of protein 1–2 hours before training sessions along with your usual carbohydrate fuel.

During endurance exercise lasting more than two hours, studies support the intake of protein (along with carbohydrate) to help preserve muscle. During endurance exercise, your energy expenditure can be made of 1–6 percent protein, and up to 10–15 percent in some instances. Taking in adequate carbohydrate along with 6–8 grams of whey protein per hour will maximize protein sparing and muscle breakdown.

Post-training, you should aim for 15–20 grams of protein to help support muscle repair and synthesis, and support immune function. Aim to consume this within the first 30-minute “recovery window,” and also include carbs to help replenish glycogen (the carbs also cause insulin to be secreted, which helps your body uptake the

Protein type	Why it's good	Something to consider
CASEIN	Complete protein (contains all essential amino acids). Slow release from stomach. High bioavailability (scale of efficiency of how well the body uses protein consumed in food).	Not suitable for those with a milk protein allergy, lactose intolerance or for vegans.
WHEY	Complete protein. Highest percentage of essential amino acids, ideal for muscle recovery. Contains methionine and cysteine, essential for immunity. High absorption rate (8–10 grams per hour).	Some lactose-intolerant individuals may tolerate it, others will not.
SOY	Only vegetable protein containing all eight essential amino acids. High amount of BCAA (branch chain amino acids). Highly digestible.	Great for vegans and those with milk allergies.
EGG	Bioavailability is 100 percent. Lower max absorption rate per hour.	Egg yolks deliver added vitamins and minerals, including zinc and iron.

needed amino acids from your protein).

How much is too much? The absorption rate of protein from the GI tract varies with type of protein eaten but reaches a max of 8–10 grams per hour. Also, excessive protein intake that exceeds the liver’s ability to convert excess nitrogen to urea stresses the body and can lead to increases in ammonia and insulin, as well as nausea, diarrhea and calcium loss, and increases overall fluid needs. Finally, when protein intake exceeds

need, it is likely that other nutritious foods—and therefore critical nutrients, vitamins and minerals—are being “crowded out” and deficiencies may result.

So as with most things, adequate protein intake is critical to overall health, weight control and athletic performance, but more is not always better. If you are unsure whether your current protein intake is meeting your needs, find a certified sports dietitian to ensure your attention to nutrition and training efforts pays off!



Lauren Antonucci is a board-certified specialist in sports dietetics, three-time Ironman finisher and the founding director of Nutrition Energy in New York City.



HUMANS RUN ON FOOD.
MACHINES

RUN ON RED



Fuel your muscle recovery with the power of TART CHERRIES.

Studies have shown that Montmorency tart cherry juice may help reduce strength loss and aid recovery after extensive exercise. So make tart cherries a part of your training regimen so you can get out there and get after it.

See the science behind Running On Red at choosecherries.com.



GRILLED RIBEYE WITH CHERRY-INFUSED JUS

This protein-rich dish pairs a smoky-sweet sauce with a robust ribeye.

INGREDIENTS

- ¼ cup smoked bacon (recommend slab bacon), medium diced
- ½ cup sugar
- ½ cup fresh pitted cherries
- ½ cup dried cherries
- 3 each star anise
- 1 T whole fennel seed
- ½ cup (non-aged) balsamic vinegar
- 2 cups pinot noir (or other red wine)
- 6 cups chicken stock
- 4 12-ounce rib-eye steaks (1 inch thick)
- Salt and pepper

DIRECTIONS

To make the jus (sauce), first reduce 6 cups of chicken stock by half, about 30 minutes over medium heat. Render the bacon in a small pan over medium heat, and reserve. In a separate wide-bottom pan, melt the sugar. Add the star anise and fennel seed, and toast lightly. Once toasted, add the pitted cherries, dried cherries, vinegar and red wine. Bring to a simmer and reduce by half. Strain through a fine tea strainer and add to reduced chicken stock. Reduce over medium heat to desired consistency—around 25 minutes, until the sauce has some body. To grill the ribeye, heat the barbecue to medium-high heat. Rub steaks with generous amounts of salt and pepper. Grill steaks to desired doneness, about 6 minutes per side for medium-rare. Let rest at least 5 minutes before slicing. Serve with roasted potatoes and spinach, as pictured (see right for recipes). Pour some of the cherry-infused sauce around the beef and serve.

Serves 4

Chef Justin Cogley loves this meal at the end of a big training day. To cut down on prep, make the sauce ahead of time (it keeps for five days in the fridge). He likes to serve it with wilted spinach and roasted potatoes, as pictured (find his recipes online at Triathlete.com/chefcogley). Another time-saving tip: Partially cook the potatoes the day before and refrigerate.

MEET THE TRIATHLETE-CHEF

Justin Cogley's career path took a detour before culinary school. Growing up a competitive figure skater, he toured the world for four years with Disney On Ice, during which he got a wide variety of cooking inspiration. After culinary school, Cogley spent five years cooking at the fine-dining restaurant Charlie Trotter's in Chicago before answering an ad for an executive chef at L'Auberge Carmel hotel in Carmel-by-the-Sea, Calif., just outside Monterey. He calls the nine-table restaurant, Aubergine, a "dining destination," where patrons enjoy eight to 14 courses. His creativity and skill in the kitchen earned him *Food & Wine* magazine's "Best New Chef" award in 2013, which led to more attention for the restaurant—he earned a James Beard nomination in 2014, and the restaurant earned three in 2015. Cogley jumped into triathlon last year, after finishing the Big Sur Marathon and setting his sights on a half-Ironman. He dove into the sport full bore, entering Ironman Lake Tahoe (which was canceled due to wildfires—he raced Ironman 70.3 Silverman instead). The new devotee of the sport has discovered another major perk of multisport: a weight loss of 27 pounds and counting.

—BETHANY LEACH MAVIS

■ ARE YOU A TRIATHLETE WHO'S ALSO A CHEF? EMAIL FUEL@COMPETITORGROUP.COM AND YOU COULD BE FEATURED ON THIS PAGE.



World Class Triathlete
Laura Bennett



NATURAL BORN ATHLETE

CLEAN. TESTED. PROVEN.

For more than 45 years NOW® Sports has been supporting clean and natural athletes with our award-winning line of pure, unadulterated sports nutrition products. Our products are formulated to promote optimal performance and help you achieve the results you work so hard for.*



nowsportsproducts.com • facebook.com/nowsportsproducts • twitter.com/nowsportsnews

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

Perfect for Training

With year-round access to the official IRONMAN marked swimming, cycling and running courses, Mont-Tremblant is the ideal place to train to reach your goals any time of year.

We are ready for you and your team

Get 15% to 35% off your lodging all summer long! *

Book before June 22 for 35% discount. Certain conditions apply. Full details online.

Québec



VILLE DE MONT-TREMBLANT



Canada



TRAININGMONTTREMBLANT.COM

1-888-800-5553

TECHNICAL TRUCKER™

The only hat that matters.

Trevor Wurtele says that when it comes to training and racing, his decisions are black and white. Glad we made a hat to match.

Technical Trucker™ is a BOCO original thanks to input from a team of Pros like Trevor telling us they needed a cool hat to run in. And, it had to be cool looking...

Make the decision. BocoGear.com

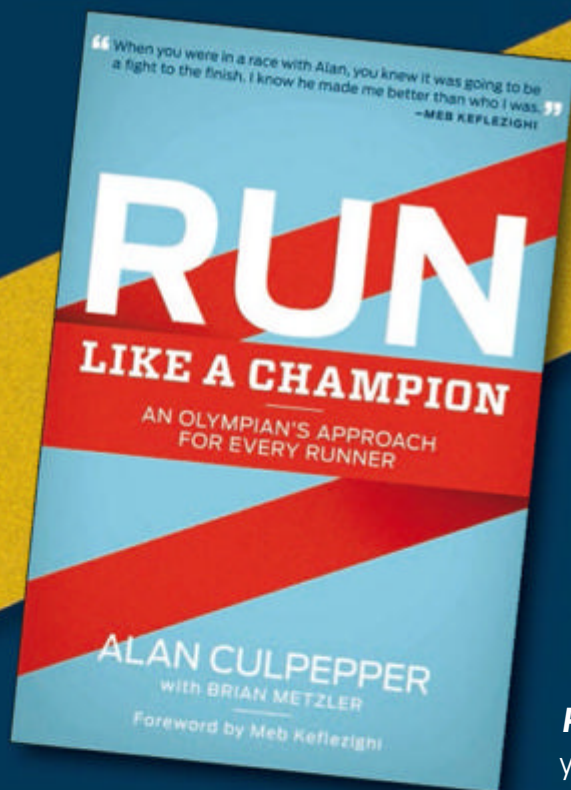
boco
GEAR



Give us some digital love! @bocogear
#bocogear #TechnicalTrucker

RUN LIKE A CHAMPION

USE THE BEST PRACTICES OF THE BEST RUNNERS



With ***Run Like a Champion***, you can adopt the Olympic approach of America's most versatile runner, Alan Culpepper. During his career, Culpepper lined up against the world's best runners at two Olympic Games and won national titles from 5K to marathon. Now he shares the best practices of the best runners, revealing a big-picture approach that you can use to improve your running.

Run Like a Champion will enhance everything about your running and make your goals not just possible but probable.

AVAILABLE in bookstores, running shops, and online.



SEE A PREVIEW AT VELOPRESS.COM/CHAMPION.



**NO
MORE**
ONE-DAY
RACE FEES

exclusive

**SPONSOR
DISCOUNTS**

\$20
VOUCHER
FROM

TriSports.com

swim. bike. run. shop.®

**EXCLUSIVE
MEMBERSHIP
BENEFITS**



GO TO
usatriathlon.org/membership
AND
REGISTER TODAY!

**13 NATIONAL
CHAMPIONSHIPS**

**MORE THAN
1,000**
CERTIFIED CLUBS
NATIONWIDE



4,300
Sanctioned Events



**ELITE TRIATHLETES &
PARATRIATHLETES**

PARALYMPICS



who will represent the U.S. at the
Olympic and Paralympic Games

USA TRIATHLON
MAGAZINE & E-NEWSLETTER

personal account at

usatriathlon.org

JOIN

500,000

ATHLETES, COACHES, RACE DIRECTORS & OFFICIALS

**NATIONAL
RANKINGS**



Build Your Own Bike
Get the **FREE** e-Book
FLO
flocycling.com/buildabike.php

POWER PROTEIN
HIGH IN OMEGA-3S



Natural, sustainable fish fillet portions, carefully selected for athletes who seek delicious, healthy training food

sizzlefish.com

Sizzlefish
DELIVERED TO YOUR DOOR

OPEN WATER SWIM SAFETY DEVICE
USAT & IRONMAN APPROVED



PULL TO INFLATE

THE SWIM IT

\$5 DISCOUNT CODE: **STS**

WWW.MYSWIMIT.COM

HALO
HEADBAND



FEATURING **SWEAT BLOCK** TECHNOLOGY

NO SWEAT, HAIR BACK, NO SLIP!

www.haloheadband.com

Podium Wheel Rentals
CARBON RACE WHEELS

RENTALS • DEMOS • SALES

Have Your Best Race Ever...
Rent the Latest Wheels From:

ZIPP, ENVE, HED, REYNOLDS

GO FAST!! Delivered to Your Front Door

www.podiumwheelrentals.com / Healdsburg, California

T-Shirt Quilts

We turn your old t-shirts into a **NEW** quilt!

As featured on Today Show
Real Simple
Rachael Ray

100% Quilted.
As fast as 2 weeks.
We do all the work for you.



Campus Quilt Co.
800-880-8534
www.CampusQuilt.com

Mention this ad for \$10 off.

swimovale



from \$114

Counts every lap
Vibrating alarm
Large characters
Downloadable

introducing the
poolmate live lap-counting swim watch

www.swimovaleusa.com

2XU
TEAMWEAR

OUR LEADING TECHNOLOGIES YOUR FINISHING TOUCH.

CUSTOM APPAREL
BY 2XU TEAMWEAR




2XU.COM >

SKECHERS PERFORMANCE DIVISION



GET UP AND GO.

Designed to maximize your performance, the Skechers GORun 4™ is equipped with a virtually seam-free upper and mid-foot strike technology for better efficiency. This ultra lightweight shoe will power your run.

skechersGORun.com  

SKECHERS GORUN 4

PODIUM

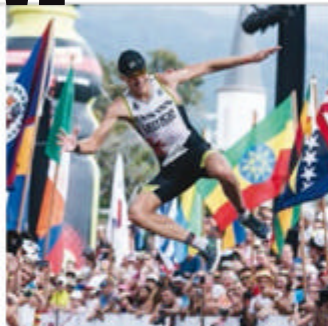
rating the most talked-about
TOPICS IN THE WORLD OF MULTISPORT

FIRST

GWEN-ZONE



#Gwensanity4ever We're going to go ahead and keep Gwen permanently on this page. Her dominant streak continued with her 10th ITU WTS win in Auckland.



Two Ironman improvements we love: **Pros are earning automatic Kona spots at the championship races**, plus the live coverage for those events is much improved!

Red carpet treatment: **The National Academy of Television Arts and Sciences honored Ironman with two Emmy nominations** for the television coverage of the 2014 world championship.



SECOND

Paratriathlon club Dare2Tri is offering a clinic for injured military interested in competing in triathlon at Leon's Triathlon June 7.



Underdog tale: Wearing a plain black tri suit, relatively **unknown Brit pro Holly Lawrence led the entire swim and bike of Ironman 70.3 California** against a competitive field and came in third.

After learning that a Belgian shop was re-engineering its run shoe to be a tri shoe, **Karhu added a triathlon-specific sneaker** to its line.



THIRD



These **sea lions** led swimmers to their wave start at Ironman 70.3 California.

To win XTERRA Costa Rica, **two-time XTERRA world champion Lesley Paterson swam 1500 meters with one arm**—because of a torn ligament from crashing the day before—and endured blistered, bloodied feet.

More foot pain: **Melissa Hauschildt battled painful blisters** during the marathon to still win Ironman Melbourne.



PENALTY
TENT

Oh no he didn't: In a Q&A article with pro triathlete Beth Gerdes, Slowtwitch.com editor Herbert Krabel asked Gerdes if she ever considered "not having the baby" she has with fellow pro Luke McKenzie. Firestorm ensued. Would he have ever posed such an inappropriate question to McKenzie?

DELY CARR / TRIATHLON.ORG; JOHN DAVID BECKER(X3); DARE2TRI.ORG; JÉNE SHAW; XTERRA PLANET

ISM is Cycling Enjoyment



ELIMINATES NUMBNESS
MAXIMUM COMFORT
PRO ATHLETE PROVEN



Call ISM at 813-909-1441 and mention this ad for a free pair of compression socks between May 10 and May 17, 2015!

**While supplies last*

Think about it.

ISMSEAT.COM

RÖKA
ROKASPORTS.COM

JAVIER GÓMEZ
6x WORLD CHAMPION

Through years of R & D, we designed the MAVERICK PRO to be the fastest, most comfortable wetsuit on the planet. No matter your goal, we passionately believe your next race should start with a great swim.

MAVERICK

+ THE MAVERICK PRO